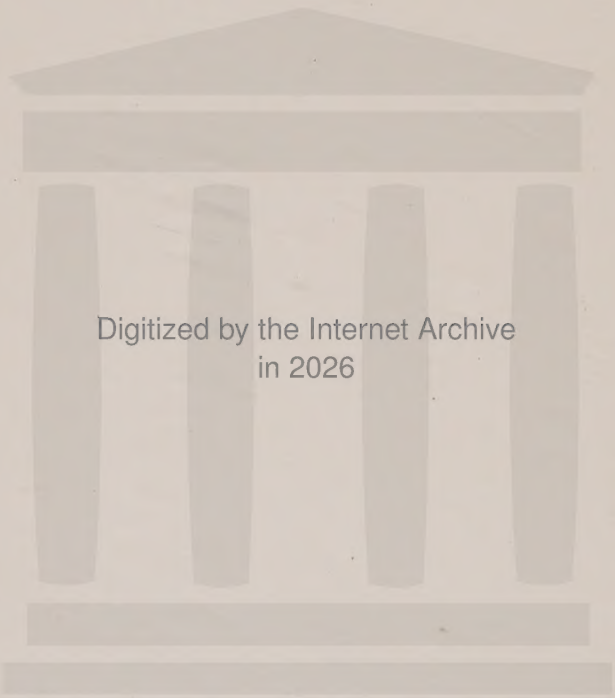
HIMSELF

TALKS WITH MEN CONCERNING THEMSELVES

E. B. LOWRY
AND
R. J. LAMBERT



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HIMSELF

BY DR. E. B. LOWRY

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HIMSELF

TALKS WITH MEN CONCERNING THEMSELVES

BY

E. B. LOWRY, M.D.

Author of
"Herself," "Truths," etc.

AND

RICHARD J. LAMBERT, M.D.

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PREFACE

THE demand for a book that would state in non-technical terms the things concerning the body that should be known by every adult male without any attempt to dictate has led to the publication of this book.

The authors have tried to describe in a simple, but correct manner, the general anatomy of the male generative organs with their most common diseases. No attempt has been made to go into the minute anatomy nor to describe the more rare diseases. Only those things which interest the majority of men have been considered.

Every man is the director of his own destinies and, as such, should be a free agent to choose his course in life and decide upon his own conduct. But a man cannot be a good judge of even his own line of action until he has investigated the various courses open to him and is conversant with their rewards and perils. The great number of men who in later life have cause to regret

thoughtless acts of their youth which were performed in ignorance of the possible consequences has shown the need of an understanding on the part of the younger men especially of the anatomy, physiology, hygiene and pathology of the generative organs. It is to aid these intelligent men who wish to inform themselves correctly on matters of vital importance to themselves and their offspring that this book has been written.

Chapters have been added taking up the vital issues of the day which most closely concern the home and the man's relations to his wife and children.

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HIMSELF

CHAPTER I

THE EPOCHS OF LIFE

If a man lives his allotted time of three-score years and ten, he will have passed through four epochs of life,— that of childhood, adolescence, manhood and old age. If by reason of might, or of strength, he lives four-score years, or more, he may claim a fifth epoch,— that of senility.

The first epoch may be considered to be from birth to the beginning of puberty, which commences about the twelfth or fourteenth year. During this period of infancy and boyhood he usually is directly under the guidance of his father, who, if he achieves his full duty, uses this as a preparatory period wherein to train the boy for later life. It is during this period that the

majority of his life-long habits are formed. The father who carefully guides his son the first ten years of his life need have little fear of that son's future, for, by the end of this period, his habits are formed either for good or for bad. The things he has learned during these early receptive years never will be overcome entirely. It is the early impressions that are carried to the grave. During old age we forget the things that have occurred during middle life and revert to the incidents of childhood.

The second period of life, that of adolescence, begins with the commencement of puberty and ends with full manhood. Puberty is that period of a boy's life when he is developing into manhood's estate. It usually extends over a period of about two years somewhere between the twelfth and seventeenth years. This period is marked by great growth and development, not only of the generative organs but of the entire body. The boy seems to take a sudden start upward. He even may grow as much as five inches in a year. The result? He seems all arms and legs. The long bones of the body develop the most rapidly and the boy's coat sleeves and

trouser legs are far too short. Because his muscles do not develop as rapidly as the long bones he is inclined to droop and stoop his shoulders; for the muscles are not strong enough to support the increased weight of the bones. However, this is rectified soon, for the muscles develop slowly but surely and soon they are able to do their work.

Other changes at this age of puberty are the growth of hair on various portions of the body especially the pubes. The beard begins to be seen, first as a soft down which, as it increases in length, becomes coarser. Soon the boy must have his first experience in shaving.

The change in the voice is noticeable now, first as occasional "breaks." Gradually it becomes uniformly deeper, stronger and more pleasing. As a rule, the change is about an octave. This change is caused by the lengthening of the larynx with the increased lengthening of the vocal cords.

The generative organs increase in size and semen is secreted by the testicles. The youth acquires the power of procreation. However, it is not until he is about twenty-five that he acquires the full strength of his organs, and under this

age he is not capable of producing offspring that will inherit their rightful quota of mental and physical strength. True, some bright, healthy children are born of young fathers, but if the same father had reserved his powers until he was fully matured his offspring would have enjoyed a richer heritage. Besides, the growing man needs the semen secreted to develop his own body. It is now recognized as a fact that the semen, if not dissipated, will be reabsorbed by the system and aid materially in the development of the body. Boys who waste this "elixir of life" during their youth do not develop as they should. The youth who practices masturbation or who indulges in sexual intercourse during this period of development is wasting energy that he *never* can regain. He is like a youth who throws his patrimony to the four winds. When he reaches mature years he regrets this useless waste, for maturity brings so much richer pleasures and so much greater privileges that can be obtained only by one who has not thrown away his fortune.

During this period of adolescence the youth is very sensitive, especially to ridicule. In order not to show this he frequently assumes an air

of bravado which is mistaken and punished accordingly. At this period of his life, the youth needs to be directly under the guidance of his father or some other capable man. It is not a time when he should be turned over entirely to the mercies of an immature girl teacher. She does not understand the needs of his nature at this period, is liable to mistake this assumed air of bravado for impudence and punish him. As a result, he becomes sulky, surly, is convinced that the world in general is his enemy and therefore tries to overthrow it. It is a fact that a great many of the crimes are committed by youths who are passing through this period of puberty, who are misunderstood and blamed for what they cannot prevent, who have not the proper guidance at this critical age. We believe that if every boy from his twelfth to his sixteenth year could be placed on a farm, or in a position where he would lead an outdoor life, near to Nature,— a healthful life, having plenty of play intermingled with both mental and physical work, and *all* under the *guidance* of *some sane, well-balanced man* who would explain to him the emotions he is undergoing and who would direct his energies into the

proper channels, many of the problems of society would right themselves.

This is the hero-worshiping period of a boy's life. His ideals are formed from the men with whom he comes in contact and the books and papers he reads. Consciously or unconsciously he imitates them. It is a noticeable fact that whenever a lurid story of some crime is printed in the large daily papers, there follows, within a few months, an epidemic of similar crimes among the youth of the community. If the boy during this formative period of his life could meet only clean-minded men and read news articles with an undistorted vision there would be little need of courts and prisons. Unfortunately, however, the boy meets all manner of men and is unable to distinguish between the false and the real, the imitation and the true diamond. As a result, he chooses that which appears to have the most brilliancy. A boy at this age is unconfiding and does not ask advice for fear of appearing "green," so he chooses whatever ideal is thrust most prominently before his vision.

By the time a man has reached twenty-five he should be well-developed mentally, morally and

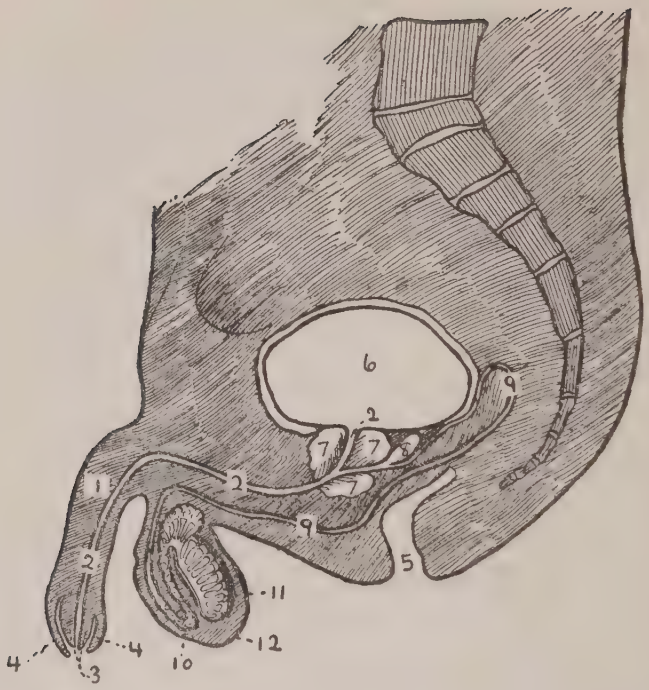
physically. He has lived the preparatory period of his life, the time of building, has had his time of play and now should take his place among the makers of history. He now is ready to do his life's work. He should enter the working world, make a success of whatever calling he has chosen and for which he is adapted by nature. Then, too, he now is ready to start a home and become the head of a family. The entire period of manhood should be characterized by strength and achievement.

Manhood is the period from the end of adolescence until the male menopause or the beginning of decay. The latter occurs about the age of fifty-five. It may not be marked by any special symptoms, but often the man of this age has a few months during which he experiences a condition of anxiety and unrest; he does not seem to be able to accomplish his desires; he feels generally weak, and a tendency to weeping becomes manifest. Other symptoms that sometimes make their appearance are headache, heart palpitation, sleeplessness, vertigo, mental depression, failure of memory and attention, and impairment of sexual power and desire. As a

rule, this period does not last more than a year and then the man may apparently resume his accustomed vigor. Seldom is the disturbance attributed to its proper cause. The passing of this age does not mean that a man should "quietly await the end." Indeed, some of the best work that has lived for centuries was executed after this period of life.

Old age is the period from the beginning of decline to the end of normal life. It should be a period of vigor, although marked by moderation in all things. By this time, a man usually is in such a financial position that he does not have to toil for his daily bread. He can devote his time and energies to the accomplishment of whatever work he is best fitted for. Almost every man carries through life some ideal of what he would like to accomplish, but usually in the stress and strain of earning a livelihood he has to lay aside this ideal, put it on a shelf until some more convenient season. These later years of his life are the best for this work. Now he can bring to bear the benefit of his education and experience. He is more broad-minded for having had experience in other lines. He now

should give his undivided time to his work, and accomplishment should be its own reward. The majority of books that have become immortal have been written by men advanced in years. The man who gives up and allows himself to be Oslerized is the coward, not the soldier.



1. Penis	5. Rectum	9. Vas Deferens
2. Urethra	6. Bladder	10. Epididymis
3. Glans	7. Prostate	11. Testicle
4. Prepuce	8. Seminal Vesicle	12. Scrotum

GENERATIVE ORGANS

CHAPTER II

ANATOMY AND PHYSIOLOGY OF THE MALE GENERATIVE ORGANS

THE male organs of generation consist of the two testicles, each with a duct, the vas deferens, and accessory seminal vesicles; and the penis, an erectile organ through which the semen as well as the urine is discharged. The prostate gland, the exact function of which is not understood, usually is included in this list.

The testicles are two ball-shaped organs suspended by the spermatic cords in a sac, called the scrotum. As the left spermatic cord is longer than the right, the left testicle normally hangs a little lower than the right one. In early fœtal life, the testicles are situated in the abdominal cavity just below the kidneys. The descent begins about the fifth month and the testicles ordinarily arrive in the scrotum about the end of the eighth month. Sometimes these fail to descend before

birth. It is estimated that in ten to twenty per cent. of cases the testicles do not descend until after birth. Usually they descend during the first week or two but they may remain up for several months. Even though they do not descend until the child is about a year old, the condition should not cause any alarm.

Each testicle is a gland which secretes (manufactures) a fluid known as semen. The average size of the testicle is from one and a half to two inches in length, one inch in breadth, and an inch and a quarter in thickness. The weight varies from six to eight drachms or about half an ounce. Lying upon the outer border of the posterior side of the gland is a long, narrow, flattened body called the epididymis. This consists of a number of tubules enclosed in a sac. These tubules are the openings from the lobules of the gland and empty into a common duct called the vas deferens. The epididymis consists of a central portion called the body, an upper enlarged portion called the head, and a lower portion called the tail. The vas deferens is the excretory duct of the testicle. It runs upward from the tail of the epididymis to form one of the chief con-

stituents of the spermatic cord. It lies in the inner and posterior portion of the spermatic cord. The vas deferens, or duct of the testicle, is about two feet in length and connects the testicle with the urethra. In its passage through the body it passes through a lobe of the prostate.

The seminal vesicles have the appearance of outgrowths from the vas deferens. Each vas deferens just before it enters the prostate gives off a side branch which bends back from it at an acute angle, and this branch enlarging forms the seminal vesicles. The seminal vesicles have a double function, for they, besides serving as reservoirs, secrete a fluid to be added to that of the testicles. The latter probably is their most important function.

After the vas deferens is joined by the duct from the seminal vesicles, the common duct is called the ejaculatory duct and this pierces the prostate (but does not connect with it) and opens into the posterior urethra. The urethra is the tube leading from the bladder to the external opening. Its anterior end forms the canal of the penis. The penis is composed of muscular and erectile tissue surrounding this canal. At its

distal end it enlarges and forms the glans. The glans are protected by a fold of skin called the foreskin or prepuce.

The urethra always is a closed canal through its entire course except when distended by some foreign substance. Its outer opening is known as the meatus or meatus urinarius. The urethra naturally is divided into two parts, the anterior and posterior. The length of the urethra varies accordingly as the penis is erect or flaccid and in disease; also, it varies greatly in different individuals. However, an average length is eight and a fourth inches. The entire anterior portion of the urethra is freely movable with the penis, but the posterior is not so. The posterior is curved, which curve varies slightly with different individuals and in the same person at different ages, being shorter and sharper in the child and longer in the man. A knowledge of the direction of this curve is absolutely necessary for anyone who attempts to pass a sound or a metal catheter, for if the sound is not curved the same as the urethra, the wall of the urethra may be punctured or so injured that a stricture will result.

Under normal conditions the sensibility of the urethra is slight, although it is very sensitive when inflamed. However, the passage of a sound in a nervous individual sometimes produces some pain and shock. Indeed, it may produce a feeling of nausea or faintness. For this reason, it is better for the individual to be in the recumbent position.

In order to keep the urethra in a healthy state, the urine must be non-irritating in character and sexual excitement must be quieted. The urine to be non-irritating should be slightly acid or neutral and free from irritating material. Anything which tends to keep the body in a general healthy condition helps to keep the urine normal. All condiments, as pepper, mustard and such, alcoholic liquors and lemon juice are mildly irritating to the urethra, hence in any inflamed condition these must be avoided.

If the individual never felt any sexual excitement, never had an erotic thought, the urethra would be used only as a urinary organ. However, it must be admitted that every male has more or less longings for sexual gratification. If these are ungratified they may cause more or less

excitement and irritation to the urethra, which is harmful. Irregular sexual gratification probably is more harmful than continence as it is liable to cause excitement at times when gratification is impossible. Sexual excitement should be avoided if there is any inflammation of the urethra.

The urethra is subject to malformation during development. Among the abnormalities is the opening of the meatus on one side of the glans penis. Two or three openings have been known. Hypospadias is that form of imperfect development in which the canal terminates in an opening in the lower wall instead of in its normal position.

The prostate is situated at the neck of the urinary bladder, and encloses the commencement of the urethra. It measures an inch and a half in breadth, an inch and a quarter in length and half an inch in thickness. It is just below the bladder and in front of the rectum. It rests against the rectum about an inch and a half from the anus. It presses against the neck of the bladder and, therefore, if enlarged, prevents the free passage of urine and also may cause various rectal troubles. Not much is known regarding

the prostate but probably it has an internal secretion which has some influence upon metabolism.

Cowper's glands are two small glands, the ducts of which open into the urethra. They are small rounded bodies about the size of a pea. That they contribute to the right composition of the impregnating fluid is shown both by the position of the glands and by their enlarging with the testicles at the approach of an animal's breeding time. But that they contribute only a subordinate part is shown by the fact that when the testicles are removed and these organs remain intact, all power of procreation is lost.

The semen is a viscid, whitish, albuminous fluid of a peculiar odor. It contains epithelium, granules or colorless particles, and a large number of spermatozoa, which are the essential and characteristic elements. The spermatozoa are minute bodies each consisting of a flattened oval head, attached to which is a long, slender, tapering, mobile flagellum or tail. The head is about six thousandths of an inch long and about ten thousandths of an inch broad. The tail is about five thousandths of an inch long. The spermatozoa possess the power of active move-

ment, being propelled along by the movements of the tail. After the age of puberty, the seminal fluid probably is secreted continually, although very slowly, except under excitement. It passes from the testicles through the tube called the vas deferens, which forms part of the spermatic cord. It passes into the seminal vesicles, whence, if not expelled in emission, it may be discharged as slowly as it enters them either with the urine, which may remove minute particles mingled with the mucous of the bladder and the secretions of the prostate, or from the urethra in the process of defecation.

The spermatic cord is composed of arteries, veins, nerves, lymph vessels and the duct from the testicle. These structures are connected together by tissue. In its passage from the testicles the vas deferens is compelled to pass through the layers of muscles forming the abdominal wall. It does this through a canal called the inguinal canal. The inner opening into this canal is called the internal ring, while the outer opening is called the external ring. It is through this canal that the testicles have to pass

in their descent from the abdomen to the scrotum, and it is through this canal that the intestines pass in case of a hernia or rupture.

CHAPTER III

DISEASES OF THE MALE GENERATIVE ORGANS

THE majority of diseases of the generative organs may be classed as inflammations and tumors. A tumor is any unnatural growth. It may be only an enlargement of an organ or it may be a separate growth.

Inflammations may attack any portion of the genital tract and the condition usually derives its name from the portion inflamed. The suffix "itis" means inflammation, hence epididymitis means an inflammation of the epididymis, urethritis means inflammation of the urethra, and so on.

Epididymitis, or inflammation of the epididymis, is the most common of the diseases of the testicle. It occurs at all ages but is most frequent during early adult life and middle age, because urethral inflammation and irritation occurs most frequently at these ages. One attack

predisposes to a second. The attack usually is acute but may become chronic. Usually only one testicle is affected at a time and usually orchitis accompanies epididymitis, so that what is said of one will refer to the other.

Orchitis is an inflammation of the testicles. It may be due to trauma or to bacteria. Traumatic orchitis is that due to injury, as from horseback riding. One case occurred in a young boy who had been kicked by a horse, another in a man who fell astride a fence. With this condition the testicles become very much swollen and tender. There may be considerable fever. The treatment is rest in bed, if possible, otherwise suspension of the testicle. For this purpose a good suspensory may be used or the testicles may be strapped up tight against the body by means of strips of adhesive plaster. This strapping prevents the movement of the testicles and is a great relief from the pain; while the freedom from movement allows Nature to repair the injury. Hot or cold applications afford considerable relief. The result is practically the same in either case. Some individuals obtain more relief from heat and others from applications of

ice. Atrophy (shrinking in size) of the testicle may result from this form of orchitis. Sterility also may be a resultant. In one of the Asiatic countries it is said that sterility of the strong males is not uncommon as a direct result of horseback riding. Orchitis also may be due to straining or to excessive sexual excitement.

Bacterial orchitis may follow an infection from the urethra, such as gonorrhœa, or an infection from the blood or lymph as in tuberculosis. The former will be discussed in another chapter. A person suffering from gonorrhœa usually will produce an epididymitis or orchitis by indulging in violent exercise, lifting, sexual excitement or indulgence, and in the use of alcohol. Tubercular testicle usually follows a slight injury to the testicle if the germs of the disease already are in some other part of the body. Orchitis also may follow mumps. For this reason mumps are dangerous to adults especially, for the extension rarely occurs in infants. The patient with mumps should remain quietly in bed and not be exposed to any inclement weather, otherwise the inflammation may extend to the testicles and the condition become serious, and may result in

sterility. Orchitis from mumps is most frequent about the age of puberty and is almost unknown in small children. About five per cent. of young adults have it.

Hydrocele follows about one-third of all cases of orchitis and epididymitis. Occlusion of the epididymis is a frequent result of the inflammation and when it does occur the results are permanent. Spermatozoa never again can issue from that testicle, and if both testicles become involved the patient is sterile, yet the testicle does not atrophy (shrink) nor is the person's sexual appetite impaired.

The symptoms of epididymitis are acute pain beginning in the testicle, attended by swelling. The pain is less while lying on the back. The pain is of a dragging, aching, sickening character and may affect the scrotal tissue. The attack usually lasts about two weeks. About forty-two per cent. of all who have had epididymitis due to gonorrhœa are sterile and about twenty-five per cent. of those due to trauma are sterile.

Irritable testicle or neuralgia of the testicle may occur at any age but is found chiefly in old bachelors or widowers and may be single or

double. Irritable testicle has been bestowed inappropriately upon another condition, that is, when the sexual appetite has been kindled and kept excited for some time without being gratified, when the seminal fluid which has been produced and collected in the testicle, vas deferens and seminal vesicles usually will be discharged in an involuntary emission at night and no inconvenience will be felt beyond a slight aching and increase of size of the testicle. Sometimes, however, Nature fails to relieve herself and then the testicle becomes large, hot and excessively tender, the epididymis is distended and knotty, the cord tender and tense, the suffering considerable and the testicle seems to approach inflammation,— a condition of mere sexual congestion. A cure is brought about by a natural discharge of the semen, or by rest, elevation of the testicle and application of ice.

Neuralgia of the testicle often is very painful, with acute darting pains; even handling the organs may produce a paroxysm of pain, nausea and vomiting. It is due to some reflex irritation or to sexual excesses or irregularity. Sometimes

vesical calculus (stone in the bladder) or small varicocele may be the cause. Neuralgia of the testicles does not as a rule cause any mental or physical impairment, while a person suffering from irritability of the testicles is prone to become self-centered and look upon his condition as pitiable, ascribing it to a loss of the seminal fluid. The cure of neuralgia of the testicle is to remove the cause and then reform sexually, which means strict purity of thought as well as of action. A happy marriage, not one for convenience, is the best remedy.

A hydrocele is an accumulation of fluid in a sac formed in the scrotum near the testicle. It accompanies many of the diseases of the testicles and epididymis, but may occur independent of other trouble. It frequently occurs in infants but is not common in middle age. In itself, it is not dangerous but it may cause inflammation or atrophy of the testicles by pressure. In many cases it may be absorbed by rest and bandaging. This is true especially in infants. In more severe cases the fluid may be drawn off by a hypodermic needle and some irritant injected so as to occlude the

sides of the sac. In other cases it may be necessary to dissect out the sac. Hydrocele is in reality a tumor or cyst (sac filled with fluid).

A varicocele is an enlarged portion of one or more of the veins of the testicle, in reality a varicose vein or veins. It may follow inflammation or straining. Quite frequently it follows gonorrhœa or epididymitis.

Urethritis is an inflammation of the urethra. A simple urethritis may be due to trauma or to cold. The urethra may be wounded either from without or from within. During erection, the urethra may be injured by slight bruises even during coitus. Foreign bodies may enter the urethra from either end, as a stone from the bladder. Perverted males, during sexual excitement, may introduce foreign bodies, as seeds, beans, slate pencils. These have a tendency to slip upward. They may remain in pouches or may travel to the bladder and form a nucleus for a stone. In any place they may form an obstruction to the flow of urine.

Inflammation of the urethra may be catarrhal in character and yield pus, but the majority of inflammations with a discharge are due to gon-

orrhœa. Sometimes there is an inflammation from excessive intercourse that is not due to gonorrhœa.

Stricture is a narrowing of the lumen of the urethra. It may be due to an injury or to an inflammation. It may come as a direct result of disease or it may be caused by attempts to pass a sound during an acute inflammation of the canal. It frequently follows the use of too strong astringent washes wrongly prescribed for the cure of gonorrhœa. It may follow an injury due to an attempt to break a chordee.

Catheterization is the introduction of a hollow instrument, called a catheter, into the bladder through the urethra in order to evacuate the bladder. A sound is an imperforate instrument which is passed through the urethra usually for the purpose of dilating or of ascertaining the location of any obstruction. A bougie is a flexible sound. The essential qualities of a sound are smoothness, ability to be sterilized and durability. For sounds it only is necessary that the external surface should be absolutely smooth, but with catheters the inside also must be smooth, otherwise a pocket might be formed which would

prevent the thorough cleaning. Metal, rubber and whalebone catheters usually are considered the best, as any of these may be boiled. To be absolutely positive of the sterilization of a catheter, it must be boiled for fifteen minutes. The danger of catheterization is the introduction into the bladder of some infection which will cause an inflammation. Therefore, it is êssential that catheterization should be done only by someone who thoroughly understands the necessary precautions.

Cystitis is an inflammation of the bladder. It usually is due to some foreign substance that has been introduced into the bladder through the urethra. The majority of cases are due to gonorrhœa but, especially in old age, it may be due to an infection carried in through the urethra on a catheter. Some elderly men who have trouble in voiding the urine have found it necessary to catheterize themselves every day. Not understanding the necessity of sterilization, they carelessly introduce infection into the bladder.

Retention of urine may be due to stricture of the urethra or to some impediment in the bladder. It may be due to the pressure of an enlarged pros-

tate which closes the orifice of the bladder. In some cases the condition may be relieved by treatment but in others it may be necessary to resort to the use of the catheter. Retention also may be due to a nerve lesion or simply to a nervous spasm of the sphincter muscles.

Enlargement of the prostate is quite common in middle age and is the source of great annoyance. It occurs most frequently between the ages of fifty and sixty. The cause is unknown. One great result is pressure on the orifice of the bladder which causes retention of urine. Also the shape of the bladder may be so changed from pressure that it does not empty itself entirely during urination, hence there always is a partial retention of urine. The bladder then resembles a tank which, instead of being emptied through an opening near the bottom, is emptied through an aperture in the side which does not permit the lower portion of the tank to be emptied at any time. In these cases there always is some residual urine in the bladder which may become very irritating.

An enlarged prostate is subject to acute attacks of inflammation. A slight alcoholic excess

or an exposure to cold may bring on a congestion with the result that the patient finds himself unable to urinate. The condition may be relieved by hot applications and hot baths, or by catheterization.

Among the symptoms of prostatic enlargement are frequency of urination, especially at night, difficult urination and dribbling of urine. This dribbling may be due to an overflow from a distended bladder, to an irritability of the neck of the bladder or to true incontinence or inability to control the sphincter muscles.

The man with an enlarged prostate must learn moderation in all things. He must not expose himself to wet or cold. He must not overeat nor indulge in alcoholic beverages, especially beer and champagne. The diet should be light and contain little meat. He should avoid acid fruits and drink plenty of water to keep his urine bland. By strict attention to his manner of living he may avoid any unusual symptoms. However, in some cases operative treatment with the removal of the prostate is necessary.

CHAPTER IV

VENEREAL DISEASES

Of all affections encountered by the physician who treats diseases of the male generative organs, gonorrhœa is the most frequent. It is a disease of great antiquity; — it probably is the disease referred to in the fifteenth chapter of Leviticus. That its victims are not becoming less numerous is shown by the statement made by reliable authorities that at least ninety per cent. of the men in the world acquire this disease sometime during their lives.

The old Saxon term for gonorrhœa was "clap," which name is used quite commonly among the laity. It also is spoken of as a "dose." Gonorrhœa may be acquired from any person having it by the mere contact of their discharge with the mucous membranes of the urethra. It is due to a bacterium or gonococcus. The symptoms appear from one to fifteen days

after exposure, usually between the third and the ninth day. A tickling, teasing, itchy irritation is felt at the orifice of the urethra. The lips of the meatus are found adherent or a bluish sticky discharge is found between them. A slight stinging is felt upon urination. These symptoms gradually increase in severity. The lips of the meatus now become swollen and red, the quantity of the discharge increases and becomes opaline in character. The pain on urination increases. After the fifth day, the discharge, if untreated, becomes purulent and tinged greenish and may be slightly streaked with blood. Pain may be complained of in the groin, testicles, perineum (space between the penis and rectum), and back. The man usually complains of feeling very tired and indisposed to work. Involuntary discharges at night may be brought on by irritation and these discharges may be so painful as to awaken the patient. The urethral lining is swollen and may partly occlude the canal, producing retention or dribbling of urine. Erection is painful and during erection the mucous membrane may be cracked, perhaps causing considerable hemorrhage. If the inflammation includes the erectile

tissue, chordee, or painful erection with bending, may take place. It is liable to occur most frequently at night and render sleep impossible. The pain often is so excruciating that the patient feels as though he could relieve his feelings only by biting on some hard substance, " as though he could bite a nail in two."

After the discharge has continued for several weeks it becomes more watery, chordee does not occur and pain on urination ceases. The discharge gradually declines to a drop in the morning and the sticking together of the meatus, but these symptoms disappear unless gleet develops. If the case receives the correct treatment in the beginning many of these symptoms may be avoided.

Gleet is a chronic form of gonorrhœa, that makes its appearance in the form of the morning drop which does not disappear. Many cases of gleet are caused by failure to continue treatment long enough, or by attempts to " dry up " the pus too quickly. The pus is Nature's method of cure, a method slow and painful. The disease is due to the gonococci which may make their way under the first layer of the lining membrane and

therefore cannot be washed out or reached by injections. Nature sends her protecting bodies called leucocytes (white blood corpuscles) to get rid of the enemy. Pus is composed of the dead leucocytes which have done their work and the debris of cells and germs. Drying up the pus too early is not a good method of treatment, for it allows the germs of the disease to remain in the deeper structures to cause trouble later.

The question of marriage is one that concerns many afflicted with gonorrhœa. Many men do not concern themselves about the chronic form until they become engaged to be married, then they become very much concerned about their condition. It is not uncommon for an engaged man to go out for a "last good time with the boys" shortly before his marriage. As a result of the evening's dissipations he contracts gonorrhœa, which may not make itself known until only a few days before the wedding day. Then he is in a quandary, for he realizes he should not marry in that condition but has no excuse for postponement of the wedding other than the real reason, the giving of which he feels would be a death blow to his happiness. The mistake frequently

is made of trying to dry up the discharge quickly, with the result that a chronic form is established which brings untold misery to his bride as well as to the man himself.

A man has no right to get married after he has had gonorrhœa until the microscope has proven for a certainty that he is free from the germs. The absence of any discharge cannot be taken as evidence of the cure, for there may be lurking germs which only can be detected by a microscopical examination. One of the best methods is to examine the urine in three parts; first, some of that which passes off with the first flow, second, some of the second flow, and thirdly, some of the residue that is obtained by expressing it from the urethra. The obtaining of this urine can be done by any reliable physician, who probably will send it to one of the laboratories which make a specialty of this class of work. If the microscope shows no gonococci then the man is free to marry. It may be taken as a rule that no man should marry if he exhibits a morning drop, for this is a sign of an old gonorrhœa which may spring to life after any excitement and cause the infection of the bride.

The treatment of gonorrhœa probably is more often abused than the treatment of any other disease; in fact, many treatments do more harm than good. The majority of cases of gonorrhœa are acquired by boys or young men under twenty-five, perhaps as a result of their first dissipation. The nature of the disease and a knowledge of its source of infection makes the youth very reticent concerning it. He is ashamed to consult his father or his family physician and so goes to some would-be friend or to a druggist, who knows enough about drugs to make him dangerous. No druggist who is not a physician has a right to prescribe drugs for any purpose, and yet the custom of "counter prescribing" has become very common. Especially in regard to this disease it is common for the druggist to recommend various washes and the like which probably do more harm than good, for although they dry up the discharge and stop the symptoms they leave the disease in the deeper structures to cause disastrous effects. The advertising "men specialists" also reap fortunes from boys afflicted with this disease. We have known young men who confessed that for months they had been paying some "specialist"

the greater part of their salary and were then no better off than before. The disastrous effects of gonorrhœa would be few if every case was treated rightly in the beginning. Any man who contracts this disease would be wise if he went at once to his family physician. There is no danger of his secret going any further, for there is an unwritten law which forbids a physician to reveal anything that has been told him by a patient in confidence. Some go to the family physician but become discouraged because the pus does not become dried up in a few days and then they rush off to some quack. As a result, the discharge is dried up but the germs of the disease still remain in the deeper structures.

Above all things the patient should not use promiscuous washes, which frequently are the cause of more serious symptoms. Strong astringent washes which dry up the discharge quickly may be the cause of stricture or of the disease extending into other structures. The gonococcus first lodges just within the meatus but soon travels into the deeper structures. Local treatment if applied within twenty-four hours after infection usually will prevent the growth of the bacteria. After

twenty-four hours the germs work their way underneath the surface, where no wash can reach them. Thus in the United States Army the soldiers are provided with antiseptics to be used immediately after intercourse, as a precaution against infection. This course, while not an absolute prevention in every case, has greatly lessened the prevalence of the disease which had become so common as to be alarming.

Among other measures necessary for the treatment of this disease is the rendering of the urine alkaline and non-irritating. The bowels should be kept free by saline laxatives, the diet should be light and bland. Any condiments or stimulants only increase the severity of the symptoms, and therefore they should be avoided. Mild washes are useful to keep the parts clean and free so that Nature can have a chance to rid herself of the debris. Care must be taken in using washes that the germs are not forced back into other parts. All lifting, straining and sexual indulgence should be avoided, as these may result in the extension of the disease to the testicles and epididymis. There is a most abominable and pernicious superstition among the ignorant that

intercourse with a virgin will cure this disease. This is an absolute untruth, for such a course of action not only is a crime by the infection of an innocent party but the excitement and exertion on the part of the man probably does him a great deal of harm.

Among the complications of this disease are its extension to other parts of the generative system. The disease may extend to the epididymis or to the testicles. It may extend to the bladder. The treatment is the same as for a simple inflammation of these parts, together with the treatment of the accompanying gonorrhœa. These extensions should be avoided if possible, for they may maim the man for life by rendering him sterile.

Until recently gonorrhœa has been regarded simply as a local disease, a light attack of which was "no worse than a bad cold." Now we know that it is not merely a local disease but that it affects the entire system.

Gonorrhœal rheumatism long has been recognized. It owes its cause to the presence in the circulation of the gonococci and their toxines. These also are found deposited in the affected joints and other structures. The joints, the

sheaths of the tendons, the eye, the nerves, the pleura, the veins, the lining membrane and valves of the heart all may be affected. There almost is no limit to the sequela that may follow this disease. This shows the necessity of systemic treatment which is neglected by those who try to treat themselves by washes or injections.

During the course of the disease precautions should be taken that none of the pus is carried to the eyes as there it would cause a violent inflammation which, if untreated, would result in the complete loss of the eyesight within a few days. One great danger from public towels is that they are liable to be contaminated by careless persons affected with this disease.

The other common venereal disease is syphilis. It is an infectious and contagious disease communicable by direct contact, by the medium of some carrier of the contagion, or by heredity. Seventy per cent. of the cases are acquired by direct contact during sexual intercourse but many cases are acquired innocently. It may be acquired through a kiss from a person afflicted with the disease. It may be transferred from one person to another by the use of the common drink-

ing cup, a common towel or any other article that has come in contact with the virus. It is not uncommon for surgeons and nurses to acquire it through an abrasion. The disease may be acquired by heredity through transmission from parent to offspring.

The course of the disease is divided into three stages called the primary, secondary and tertiary.

The primary lesion consists of a chancre, which appears at the site of infection. This may be single, although two or more may appear simultaneously. Cases have been known in which one chancre appeared on the penis and another on the lip at the same time. The chancre usually appears about three weeks after inoculation. It begins as a red papule or pimple, which grows larger, the center sinks and the edges and base become gradually hardened. This gives it the name of hard chancre. A small chancre may escape detection, especially if it be situated inside the meatus, but the diagnosis of the disease in the early stages is a matter of such importance that any sore that appears ten or more days after doubtful coitus should be regarded with suspicion and a physician consulted at once. Treat-

ment now will lessen the later symptoms. During this stage the disease is contagious from secretions of the ulcers, which are watery unless a mixed infection has taken place. In many cases no other symptoms are observed and the disease may escape notice until the beginning of the next stage.

The secondary symptoms appear about six weeks after the initial lesion. There may be considerable fever, accompanied by aching of the bones, impaired digestion and some prostration. Eruptions of the skin are characteristic of this stage. At first these usually appear as numerous bright red spots which leave tiny coppery discolorations upon disappearance. They are localized chiefly on the trunk, chest and back, and more rarely, on the face. Many young men are afflicted with pimples on the face and, although these usually are due to an entirely different cause, as indigestion, the advertising "men specialists" are liable to lead them to believe they are due to this disease and profit accordingly. Mucous patches in the mouth and on other mucous surfaces accompany this stage. These are small raw-looking patches. The patient may complain

of severe "sore throat" or may not have any special discomfort. There may be some lymphatic involvement characterized by swelling of the lymphatic glands. During this stage the disease may be transmitted by kissing or contact with any of the mucous patches. The blood also contains the contagion. Many innocent children have been infected by their fathers or other friends from the habit of kissing. The secondary symptoms may last from two or three months to a year or more and are followed by a period of apparently good health for a number of years.

The tertiary symptoms may appear any time from three to thirty years later. The symptoms of the third stage are many. Among the more common are syphilitic ulcers, syphilitic gummata, which form hard tumors in the muscles, nerves or bones. Thus the disease may affect the liver or any other organ. Syphilitic gummata of the brain and cord may produce sudden death or paralysis. It is not uncommon to hear of a brilliant man who was suddenly stricken with paralysis in the midst of a splendid career. In many cases the family physician could reveal the cause

as due to syphilis acquired perhaps twenty years previous.

The majority of cases of locomotor ataxia are due to syphilis. The early symptoms of this disease not uncommonly are confused with rheumatism or neuralgia. The patient complains of tingling and numbness in the limbs, of sharp, shooting, "lightning" pains which come and go quickly. Later the typical gait leaves no question as to the diagnosis.

Syphilis may be transmitted to the unborn child by either parent. It is possible for a child to acquire congenital syphilis from its father even though the mother presents no evidence of the disease. In the newborn, the disease frequently is shown by lack of physical development. The baby at birth may appear plump and well developed, but the symptoms usually appear during the first three months. Frequently the first symptom noticed is "snuffles." The bridge of the nose frequently is wanting. As the child grows older it may develop disgusting ulcers in various parts of its body. It frequently is deficient mentally. The teeth are liable to be irregular and notched on the edge. Quite

fortunately, perhaps, such children seldom live to maturity. We have been accustomed to hear the saying that the sins of the father shall be visited upon the children to the third and fourth generation. This indeed is one of the diseases that have this tendency. In the third and fourth generations the taint usually shows itself in epilepsy, idiocy and various other nerve and brain lesions.

The treatment of syphilis should be commenced as soon as the first symptoms appear, and be continued for at least three years, even though all symptoms have disappeared. It is only by faithful treatment that the disease can be eradicated from the system. Early treatment may cause the secondary symptoms to be mild and the tertiary ones absent entirely. The latest method of treatment by administration of salvarsan or "606" gives promise of excellent results, although its real value cannot be proven until the lapse of a number of years. However, it seems necessary to warn those who desire to try this treatment to go to a reliable physician, for many useless imitations are being sold or exploited by the unscrupulous.

Chancroid is a third and less violent venereal disease. It is an acute, contagious, inflammatory process, usually occurring upon the external generative organs. It appears within a few hours or days after infection as a small, round, tender, itching pimple, which breaks down, forming an ulcer which discharges pus. Unlike a chancre its edges are not hard; from which fact it derives its name of soft chancre. The ulcer is painful and sensitive and may increase to considerable size. The glands especially of the groin are liable to become infected. While the glands in syphilis return to their normal size in time, the glands infected through a chancroid break down and become filled with pus, forming what is known as a bubo. This may become very painful and necessitate an operation to remove the glands or at least to form an opening for the escape of pus. Unlike a chancre, a chancroid is not a symptom of a disease that affects the blood and has no further symptoms. However, it is common to have a mixed infection of chancroid and chancre. A physician should be consulted, of course, as soon as a chancroid appears.

CHAPTER V

HERNIA OR RUPTURE

A HERNIA or rupture is a protrusion of a loop or portion of an organ through an abnormal opening. Commonly we speak of a hernia as a protrusion of some portion of the intestines through the muscles of the abdomen. Imagine a bag of coiled tubing. The bag is double, consisting of a lining and an outer covering. In some manner a tear has appeared in the lining. This allows the tubing to come out between the lining and the outside, making an irregular lump. That is just the condition with a rupture or hernia. The intestines or bowels have come out between the lining muscles and the skin through a little tear or opening in the muscles. This opening commonly is the inguinal canal through which the spermatic cord passes (see p. 28).

A good housekeeper would sew up the rip or tear in the lining of the bag without any ques-

tion. That is what a surgeon does when he operates for hernia. He sews up the tear in the muscles so the intestines cannot come down.

With a very young baby, an operation may not be necessary, for there is a chance that the muscles will grow together again if the intestines are held in place for awhile. A truss is a contrivance for holding these in place. It does not cure the trouble. We see many advertisements of "Rupture cured without a knife." These are fakes. The most common treatment these advertisers use is to inject a little paraffin or wax under the skin to plug up the tear as a cork would stopper a bottle. This may keep the intestines up for a time and the patient thinks he is cured. However, it is very common for this wax to become displaced a little and an examination will reveal that the tear has become larger than ever. These cases usually have to be operated upon eventually.

If the hernia is not repaired, there is danger of what is known as a strangulated hernia, that is, the intestines come down between the muscles and become caught so that they cannot go back into place. This is a very serious condition, for

the blood supply usually is cut off and the intestines will become gangrenous (dead). This may result in the death of the patient within a few hours. If a rupture ever becomes caught in this way, no time should be lost until the abdomen is opened by a surgeon and the intestines are released.

Rupture may be congenital, that is, present at birth, or it may be caused by heavy lifting or straining. For this reason, a small boy should not be allowed to strain himself by trying to lift a heavy object. Some children are inclined to attempt tasks too great for their strength and must be restrained. Violent crying and straining at stool may produce a rupture if there is a weak spot in the muscles. This is one reason why a baby should wear a band around the navel for the first few weeks after birth.

After any operation for hernia a protecting band should be worn for at least six months until the muscles have grown together firmly, otherwise there may be a recurrence of the hernia.

CHAPTER VI

SELF-ABUSE

SELF-ABUSE is the production on one's own self of the sexual orgasm. The term masturbation is applied to the same condition. It is not a disease, neither does it produce disease unless carried to excess. The habit is not confined to man, as some animals, including monkeys and goats, have the same habit. Females also are addicted to it, although not as commonly as males. The majority of women do not have their sexual desires aroused as early as do men. With many, desire is acquired only after marriage and many women claim they never feel any passion nor pleasure in the sexual embrace. They submit to it only from a sense of duty to their husbands. With the males this is different. Probably this is due partly to the position of the sexual organs, that allows them to receive more or less friction from the clothes, which no doubt helps to excite the

sexual desires. Children of four years of age have been known to have sexual excitement. Only recently one case was brought to our attention. A child of four years of age had a tight prepuce which caused a constant irritation. He had fallen into the habit of pulling at the end of the penis every little while and when his mother's attention was called to this and a strict watch was kept on his actions it was found that he also had acquired the habit of rubbing the scrotum over the cord. The habit had become so well established that it was only after several weeks of persistent effort that it was overcome.

Male babies sometimes are handled by their nurses to keep them quiet and the habit thus acquired so young is continued perhaps many years unknown to the parents.

As soon as a boy enters school, if not before, he is initiated into the mysteries of sex by some of his companions. Fortunate is the boy who has been taught the right care of the sexual organs and their true function, before he receives this ofttimes vulgar instruction from his companions.[1]

It may be safely assumed that practically every

[1] *See "False Modesty," by E. B. Lowry, M.D., p. 100.*

male is taught masturbation by his playmates unless he has been forewarned by proper instruction from his parents. Rarely does a boy escape initiation into forbidden pleasures by his elders or his playmates. Fortunately, however, the majority soon come to a realization that this habit is not beneficial and discontinue it, and never have any bad results. Masturbation, however, if carried to excess does have an injurious effect upon the system. It is the excess of anything that is harmful. One reason why self-abuse is so much more harmful than sexual intercourse is that it is carried on at an early age, before the system is matured and developed. The associated nervous excitement has a disastrous effect upon the nervous system the same as any nerve excitement has. Sexual intercourse before the age of maturity is as harmful as self-abuse if indulged in as frequently. A reason why self-abuse so often has harmful results is that the very ease with which it is procured makes excesses common. An adult who might not be able to have intercourse more than once or twice a week, if he becomes a masturbator is liable to indulge his desires daily.

The use of tobacco, alcohol and other stimulants probably inflicts as much injury on the human race as does this secret vice. Yet no one would say that a man who used tobacco in any form would have a tobacco heart, or that every one who drank a glass of beer would have delirium tremens. The great harm of any of these stimulants is in the excessive use, or in their use during the period of development. Any nerve stimulant used frequently during puberty and youth is liable to so deflect the nervous energy that the growth of some part of the body is stunted. It may be the physical body or it may be the mind. So it is with the nerve stimulation due to self-abuse; some part of the body must suffer in consequence. Another reason why continued self-abuse has a weakening effect upon the body is that the testicles secrete a substance which seems to aid in the growth and development of the body. If allowed to remain in the body, this will be absorbed by the system and promote its growth, but if constantly expended by self-abuse the system must suffer as a consequence. Continued masturbation is capable of producing the

most serious of results, such as insanity, idiocy, impotency and sterility. Fortunately these cases are rare.

One cause of self-abuse in young boys is irritation from tight clothing. Another common cause is irritation from a tight or excessively long prepuce, which causes the secretions to be retained under the foreskin. For some reason or other Nature seems not to have taken care of this condition in all cases. A tight prepuce is common. Sometimes it can be stretched by persistent effort, but in the majority of cases the only remedy is circumcision.

Young children need to be watched constantly, for they form these habits very readily. Especially when they are undressed in bed they must be guarded. The habit of children sleeping together and going to spend the night with their companions should be discouraged, for many children are taught these habits by their bedfellows. If any small boy is noticed to put his hands on his genital organs frequently, the mother should be on the alert. Children who have acquired the habit of self-abuse usually sleep badly, become thin and haggard-looking, peevish, nervous and excit-

able. Some even have convulsions. Older boys who are masturbators usually get a sallow look and have a hang-dog expression. They become absent-minded and lose their frank expression. The young man with this habit becomes overshy, as he is conscious of doing something that should be condemned. Adult masturbators may show no signs otherwise than that they usually are cowardly and mean-spirited. They frequently are sexual perverts or old rounders. Continued as a habit, masturbation has its greatest effect upon the character of the individual. Such a person usually becomes unmanly and cowardly. He lacks the will power necessary to succeed in any undertaking and drags through life a failure.

The best treatment of this vice is prevention. Male babies should not be entrusted to an unknown nurse maid. Boys always should sleep alone. They should be watched closely that they do not form any bad habits. At all times they should be taught to have complete confidence in their fathers and mothers and to talk over with them any question that has arisen in their minds.[1] A boy's questions never should be turned aside

[1] *See "Truths," by E. B. Lowry, M.D.*

but should be given some simple though correct answer. At a very early age, before they enter school, boys should be taught enough about the habits of other boys so that when their companions come to them with a revelation of sex they will say, "Oh, I know all about that," and will not be led into error through curiosity. Boys should not be allowed to frequent public toilets, for many perverts watch these places and entice boys into submitting to their desires.

If a boy has formed the habit it always is possible to cure it by close attention. The boy should be placed in good hygienic surroundings. He should sleep alone on a hard bed with only light covering. Warmth tends to stimulate the erotic desires, therefore too much bed clothing should be forbidden. He should sleep with the window wide open or, better still, in the open air. His diet should be plain and nourishing, without any condiments or stimulants. Especially should all alcoholic beverages be forbidden. He should spend the greater part of the day in the open air and should have a sufficient amount of light exercise. Swimming is one of the best of exercises, while walking, rowing, playing ball and all

other healthful exercise should be encouraged. Cold sponge baths should be taken every day, and at any time when the desire to masturbate becomes very strong a cloth wrung out of cold water should be applied to the parts and renewed until the desire has passed. The boy should not be allowed to lie in bed and read but should go to sleep immediately and then arise quickly in the morning as soon as awake and take a cold bath. He should not be allowed to listen to any obscene stories nor look at any obscene pictures. If he attends the moving picture shows the father should satisfy himself as to the standard of those shows, for while some are very desirable there are others which only stimulate the boy to lustful deeds.

Every boy who has a tight or excessively long prepuce should be circumcised and any other condition that causes a constant irritation should be removed.

Within the last few years a new problem has confronted those who are trying to raise the standard of morality. Various electric vibrators have been invented which have proven very beneficial in certain conditions but, like all valu-

able things, they have been abused by the unscrupulous. The chief benefit to be derived from treatment with electric vibrators is that derived from the gentle massage which is given by the vibration. This is a very pleasant sensation and many who have been accustomed to having their bodies massaged have formed a habit of frequenting the parlors where this vibratory massage is given. There is no doubt that the effects of this general mild massage are beneficial. In some of the more unscrupulous massage parlors it has become customary to give men vibratory massage of the generative organs. In some cases the vibrator is not held directly on the organs but on the surrounding tissues. The effect of this treatment is to give a sensation similar to that received from masturbation. Many men who would scorn self-abuse have fallen eager victims to this habit, for the proprietors try to convince them that the treatment will strengthen the organs, while in reality it is harmful.

CHAPTER VII

NIGHT LOSSES — PRIAPISM — CIRCUMCISION

POLLUTION or night losses are terms applied to an involuntary discharge of semen during sleep. It is an exceedingly common occurrence. The testicles are secreting semen constantly, although slowly. Some of this passes off with the urine but there is at all times an accumulation in the seminal vesicles. Frequently if the body becomes warm and relaxed at night there is a discharge of the surplus amount. This is an entirely natural condition for one who is leading a continent life, and should not be the occasion for any alarm even though it occurs once or twice a week.

A man who is married happily seldom has these night losses, for he has a regular amount of sexual intercourse and his desires are gratified, but an unmarried man is liable to have these losses, which in his case are not harmful but helpful.

Even the man of a pure mind may have them although they are more common with one given to erotic thoughts.

Occasionally night emissions may be more frequent, due to neuralgia or a condition of irritation in the deep urethra. If they occur more than three times a week it is well to have an examination made by a reliable physician.

Treatment for night losses is not necessary unless the condition becomes too frequent. Bathing the parts in cold water before retiring and then sleeping on a hard bed are two aids in prevention. The stomach should not be full when retiring, therefore late suppers are to be forbidden. Also all indulgence in alcohol and tobacco should be withdrawn. The bladder should be emptied before retiring and the patient should not sleep upon his back. Most men who have these emissions find on awakening that they are lying on their backs. If there is a tendency to roll over on the back when asleep a hard knot should be arranged so that if the person rolls over on his back the knot will awaken him.

This condition of night emissions is made the source of great profit by the various advertising

quacks who claim to have a certain cure for so-called "lost manhood." They make so emphatic the consequences that might follow this condition that any man reading their advertisements may be convinced that he certainly is on the downward road and is in a pitiable condition. Especially do the young men, who are the most subject to this condition, fall a ready victim to the false teachings of these vultures.

Priapism is a condition of more or less continued erection without desire. The condition frequently becomes very painful. It may follow some injury to the nervous system or it may be due to prolonged mental or nervous strain. In children it may be due to worms in the rectum or to a tight prepuce. The condition usually is relieved in children by circumcision and treatment for the worms, together with the application of cold water to the parts.

Circumcision is an operation for the shortening of the foreskin or prepuce and the correction of an abnormally tight prepuce. It is an operation of great antiquity, as it was performed by the Jews in the time of Moses, who probably instituted the law on account of the prevalence of

the venereal diseases. By the ancient law it was performed by a rabbi on the seventh day and was attended by certain religious ceremonies. At the present time it has become nearly as common among the Christian nations. In a great many cases it is necessary simply as a matter of cleanliness. If the prepuce or foreskin is so tight that it cannot be retracted so as to expose the entire head of the penis, then the operation is necessary. Otherwise, the natural secretions of the parts will accumulate under the prepuce and be a source of constant irritation. This irritation may be the cause of various disorders. The impossibility of proper cleansing makes the contraction of a venereal disease much more common.

CHAPTER VIII

IMPOTENCE AND STERILITY

IMPOTENCE signifies the inability to perform the sexual act properly and should not be confused with sterility, although the two may exist in the same individual. Sterility is the inability to beget children on account of the defect in the semen, although the individual may be able to perform the sexual act. In the East some of the eunuchs are both impotent and sterile, while others are merely sterile. Those who have both the testicles and the penis removed, of course, are sterile and impotent both, while those who have just the testicles removed are sterile but may not be impotent.

True impotence is rare and usually is due to absence of the penis or to a deformity of the penis. The majority of men who have the testicles removed are impotent but this is not necessarily so. On account of some disease a man

may be impotent for a time, but when the underlying condition is removed he regains his former vigor. Both gonorrhœa and syphilis may cause a temporary impotency. It also is one of the symptoms of locomotor ataxia.

The majority of cases of impotence are due to a nervous condition and really are a false impotence. Among the nervous conditions that cause this false impotence are extreme grief, joy or fright. Lack of affection for the individual with whom he attempts intercourse also may be a cause. The treatment for this condition of false impotence is to place the entire body in a good healthy condition, to live an outdoor life as much as possible until the impaired nervous system has a chance to be restored. In some cases this impotence is due to excesses or to masturbation. It is the result of unnatural sexual excitement. The man may have involuntary emissions during sleep but be unable to have intercourse. Such a man is a ready dupe for the charlatans. Convinced that he has "lost manhood," he rushes in to become a prey to these vultures. Instead of treating his body now as he would if some other organ, his stomach for instance, had been abused, he is

liable to try to stimulate the weakened organs to further exertions. If the man had a dyspeptic stomach he would allow it to rest by dieting. Furthermore, he would aid it by placing his entire body in a healthful condition by exercise, fresh air and other hygienic conditions. The same treatment should be accorded the overworked sexual organs. The man should give them an absolute rest and devote his attention to placing his entire body, and especially his nervous system, in the best condition possible. He can do this with the full consciousness that when his nervous system has been restored to its original tone, the sexual system will regain its vigor.

One cause of this weakening of the nervous system is the failure of men to realize their limitations and the individual differences. In all feats of physical strength men realize that there is a vast difference in the natural strength of the individuals. The man who naturally is small and slender would not attempt the feats performed by the big, brawny Hercules of a man. But men generally do not seem to realize this natural difference in man's sexual powers as well as in other parts of the body. Because some physical

giant can withstand sexual excesses, his companions think they should follow his example. It is not considered any disgrace for a man to be unable to equal or beat the world's record in running or jumping, but most men seem to feel it is a disgrace to admit they are not giants sexually. No man likes to admit that he is not as strong sexually as any other man, so he forces his passions until finally Nature rebels and makes him impotent for a time. There never would be any of this nervous impotence in the world if every man would discover his own sexual strength the same as he discovers his strength in regard to walking or running, and then would not overdo.

The greatest obstacle to a cure of this type of impotence is the inability of the man to divert his mind from the subject. Many men get into the habit of concentrating their whole minds on their sexual organs. They work, sleep and eat only that they may be able to exercise these organs. Then if the organs become worn out they are unable to give them the necessary rest. If a man with a nervous impotence could get his mind away from it and give his entire attention to the remainder of his body he would find his strength

would return much sooner. If the man is once convinced that he is not hopelessly lost he soon will be restored.

Sterility does not seem to trouble the ordinary man nearly as much as does impotence. Many a man goes through life without realizing that he is sterile. If he marries he attributes the lack of children to his wife, is convinced that she must be sterile. In many instances the wife submits to various medical and surgical treatments in the hopes that it will overcome the condition, while in reality the cause rests with the husband. It is estimated that about twenty-five per cent. of the sterility in the world is due to sterility of the husband. He may be capable of performing the sexual act with vigor but there is wanting in the semen the life-giving elements, the spermatozoa.

All eunuchs are sterile, for the testicles have been removed and there is no possibility of the life-giving elements being formed. In other cases the testicles may be intact and may secrete fluid but the passage from the testicles to the penis, the epididymis, has become closed and the spermatozoa cannot pass outward. In the majority of cases this closure is due to inflammation

following gonorrhœa, although it may be due to an injury.

There are some conditions which have a debilitating effect upon the spermatozoa and either kill them or render them incapable of reproduction. Debilitating diseases and alcoholic excesses may be classed as the most common of these causes. It has been estimated (Simmonds) that sixty-one per cent. of alcoholics are sterile.

Inflammation of the prostate or seminal vesicles may alter the quality of these secretions so that they are incapable of nourishing the spermatozoa and they die before they are able to perform their work. Sterility from obstruction of the vas deferens is incurable, but sterility from inflammation or from systemic disease is often curable.

Before a man submits his wife to much treatment for sterility he should have an examination made to prove that the fault is not his own. A microscopical examination of freshly expressed semen will reveal the secret.

Sterility of the hopelessly insane, idiots and criminals produced for the purpose of preventing the birth of more unfit children is being advo-

cated in many states. The method commonly used is that of vasectomy or a severing of the vas deferens so that spermatozoa cannot be expelled.

CHAPTER IX

CONSTIPATION — INDIGESTION — HEMORRHOIDS

A RARA AVIS would be the man who had reached adult life without being afflicted with constipation, indigestion or hemorrhoids. These diseases seem to be accompaniments of civilization and education. The general rule for generations has been that the more attention that was given to mental work and development the less thought has been given to matters of bodily health. Rare indeed is it to find an office worker who is not afflicted with one or more of these disturbing conditions. Yet they are all due to neglect and ill-treatment!

One of the chief causes of constipation is neglect to answer the calls of Nature at the time she gives the warning. It frequently is not convenient to go to the toilet at the time the first desire comes. The visit is postponed until some more convenient time. For a time Nature will

be thus set aside and made a matter of secondary consideration, but, after awhile, she rebels and will not work just when she is allowed to do so. As a result, constipation becomes a settled fact.

The treatment of constipation should begin in first removing the great cause, irregularity, by choosing a regular time for going to the toilet and always going at that hour. The best time is right after breakfast. By that time, Nature has had an opportunity to make several calls. The first, is the movement one makes on awakening and arising, which changes the position of the body and allows the bowels to make a similar change. A cup of water taken immediately upon rising acts as a second call. Then breakfast acts as a third. If the man will go regularly at this time he will, in nearly every case, be enabled to cure his constipation by very simple means.

However, Nature may not respond at first and it will be necessary to aid her for a time. The method of aiding her should be changed from day to day so as not to establish a habit. One day the man may take an enema, the next use a suppository, the next take a mild laxative. As soon as possible he should dispense with all these arti-

ficial helpers. As an aid to Nature, the man should regulate his diet and eat food that has a residue, as coarse bread and cookies. Graham bread made with molasses instead of sugar is excellent. Figs or other laxative fruits eaten with the meals and a glass of water before going to bed will be found beneficial. Olive oil, taken morning and evening, is very nourishing as well as being an excellent regulator of the bowels.

The common custom of taking a daily laxative has become a "national curse." The various patent medicine houses have so impressed upon people the necessity for taking laxatives that they have not allowed Nature a chance to walk alone but have insisted that she use a crutch, until she nearly has lost the use of her muscles. The bowels should move freely every day without the aid of any laxative pill, tea or water. Nature will attend to this if given half a chance. The man who is constipated need not be so if he will exert his will power and follow a few simple hygienic rules.

Following constipation come its companions, indigestion, headache, hemorrhoids or piles, and fissure. If the rectum is not emptied when

Nature requires it, the liquid portion is largely absorbed, leaving the remaining feces in hard lumps. They even may form a compact mass in the rectum. When the man finally takes time to empty his rectum, trouble awaits. The feces are expelled with difficulty and only after severe straining. This straining, together with the pressure, produces a congestion and distention of the veins which may protrude from the rectum. These enlarged veins are called hemorrhoids or piles. After they have become distended a number of times they become irritated and lose their tension and therefore do not return to normal even though the pressure is removed. According to their location, hemorrhoids are termed internal or external. The anus is closed by circular muscular fibers called the sphincter ani. If the hemorrhoids are inside the sphincter they are termed internal, when they are external to the sphincter they are termed external. However, the internal piles may become so relaxed that they protrude from the rectum and resemble external piles. When in this position, pressure of the clothing or of the thighs in walking irritates them and causes them to become very painful.

The treatment of hemorrhoids is, first, to relieve the underlying constipation, then, if the hemorrhoids are small, they may return to their natural condition. This process may be aided by washing out the lower bowel morning and evening and applying a soothing and astringent ointment. If, however, the hemorrhoids are large or of long standing, it is probable that the coats of the veins have so lost their elasticity that they cannot contract. In this case the treatment usually is operative. Just what this is depends upon the severity of the case. In some cases it is possible to inject the tumors with an astringent irritant which tends to obliterate that portion of the vein. In severe cases it may be necessary to remove a portion of the lining of the rectum.

Another condition accompanying hemorrhoids or sometimes found alone is fissure. The passage of hardened feces through the anus scratches the tender membranes and often causes a tear. A fissure results which is similar in construction to a crack in the lip, but much more painful, owing to the constant irritation and the abundant supply of nerves in that locality. As the fissure is formed from above downward a piece of skin

or mucous membrane often is forced downward to the lower end of the fissure where it remains as a pea-shaped projection. This is called the "sentinel pile" of a fissure. The treatment of a fissure with a sentinel pile is to remove the pile first, as the fissure cannot be permanently healed until this is done. If allowed to remain, this sentinel pile is irritated every time the bowels move and finally becomes so sensitive that the slightest touch gives excruciating pain. After the pile has been removed, the fissure can be healed by local applications. The treatment and removal of the sentinel pile usually can be done under local anæsthetic in the physician's office and the man need not lose even a day's work. The relief following the healing is all out of proportion to the size of the lesion.

Fissure is a condition that is very common and yet rarely recognized by the patient himself. He knows that he has considerable pain at times on evacuation of the bowels, he knows that at times there is a little blood following a passage. Perhaps he has felt a small pea-shaped protrusion from the rectum. He has heard so much of hemorrhoids that he is convinced that this is his

trouble. The sight of the small amount of blood further convinces him that he has "bleeding piles." He has heard others tell of the enormous size of their hemorrhoids, so he does not consider that his can be of sufficient importance to need treatment or removal by a surgeon, although every passage may cause him excruciating pain which does not entirely pass away for some time. To relieve himself he becomes a dupe of some of the various medicines advertised as "positive cures" for all cases of piles or hemorrhoids. He tries them all in turn. Each one gives him relief for a time but the trouble returns. When, at last, he consults a physician he probably learns to his surprise that he has a fissure and that the projection he felt was not a true hemorrhoid but a sentinel pile.

Fissure is not the simple condition that it might seem to be. The constant irritation has an untoward effect upon the entire nervous system. One justice of the Supreme Court was utterly incapacitated for work by a very small fissure. He had all the symptoms of a nervous breakdown. He gave up his work and planned a long vacation for purposes of recuperation. The repair

of a tiny fissure started him on the road to health and it was not many weeks before he was able to resume his labors. Hemorrhoids and fissure, by the reflex nervous condition produced, are great factors in the business failure of many men. No man can be at his best with a constant irritation, no matter how slight it may be. The constant daily irritation from hemorrhoids or from a fissure causes more lack of concentration and, therefore, more loss of work than many a constitutional disease. This condition may be the real cause of many family ruptures, for the man may become so irritable without apparent cause that the home life is broken up. In almost all functional nervous disorders there is some slight, constant irritation that is to blame for the entire disorder.

Indigestion usually follows constipation. It may come as a direct sequence on account of the overdistention of the bowels or it may be one of a series of events. Constipation allows the feces to remain in the intestines longer than they should normally. The liquid portion is absorbed and with it many of the toxines or poisons of the fecal matter. These poisons act upon the

entire system, having a special affinity for the nerves and causing a dull, stupid feeling. They stupefy all the nerves and especially those of the stomach and intestines. As the nerves control the action of the stomach and the secretion of the digestive ferments, the digestive process is retarded. There is atony (sluggishness) of the entire digestive tract. The peristaltic movement of the intestines which sends the food downward is retarded. As a consequence, the food remains too long in the stomach and ferments, causing gas. This results in "heartburn," which really is pressure of the distended stomach on the heart. It is relieved if the gas can be forced upward or downward. The food remains too long in the intestines and gas and toxines are formed there, causing various disturbances. Pressure of gas sometimes simulates the pain of appendicitis. It remains too long in the rectum and causes hemorrhoids or fissure.

Much of the indigestion and constipation of office workers is caused by eating too much or too fast, and by a lack of sufficient exercise and fresh air. The quick-lunch counters breed indigestion. The business man rushes in, swallows

a piece of pie and a cup of coffee and rushes out again to sit in a close office until night. He would be much better off if he ate some light digestible food and remained out in the fresh air for a half hour or longer. An egg beaten in a glass of milk makes a more nourishing lunch than pie and coffee. The quantity and character of the food should be regulated to the individual, changed according to his occupation. The man doing manual labor requires and can digest a hearty noonday meal, but the office worker should eat a very light lunch at noon and reserve his heavier meal for evening, after his daily tasks are finished and the blood which has been required by the brain can be spared to aid in digestion. The brain worker needs a moderate amount of pure sugar. Sugar acts as a proteid saver. The system of the brain worker craves sweets. This often is mistaken for a craving for alcoholic drinks, coffee or other stimulants. He would obtain the same benefit, without the bad after effects, if he would eat a moderate amount of pure candy. Molasses candy is excellent as it also tends to regulate the bowels. We believe a brain worker would have less exhaustion if he would

keep near him a supply of pure molasses candy and from time to time during the day eat a piece or two.

The office worker will find he can do more and better work if he will spend an hour or two a day in the fresh air taking some light exercise. An hour spent in concentrated effort is worth more than two without the close concentration. Concentration is impossible if the body is tired or not supplied with the necessary amount of oxygen. Half the time spent in offices is wasted because the workers are not giving their undivided attention to their work. They feel that they have to put in a certain number of hours and they dilly-dally at their work. In England offices close much earlier than they do in America. It is a common sight to see an English business man taking his cup of tea in the tea-room at four in the afternoon, his office closed for the day. Americans try to make their days too long. They do not accomplish any more; they simply drag their work over a greater space of time, consume or waste more energy. As a result they shorten their lives and endure pangs of

indigestion. These men never have any time to devote to their homes or families and consequently have no enjoyable home life.

CHAPTER X

SLEEPLESSNESS

INSOMNIA, or sleeplessness, always should be considered as the manifestation of some underlying condition that demands attention. It may, however, persist long after the causative agent has disappeared. It may act as a causative agent in the production of secondary disorders of the nervous system. It practically always produces a marked drain on the vitality and for this reason should not be neglected. There is no one group of symptoms that equals it for its deteriorating influence on the mental and moral nature of the individual. In many cases, persistent insomnia has led to self-destruction.

The amount of sleep required varies with the individual. Phlegmatic persons usually require a smaller amount of sleep than do those of a nervous type. Those whose occupation requires mental concentration or keeps the worker on a

high tension require more sleep than do those whose employment requires more physical strength but less nervous energy.

A young baby can sleep eighteen to twenty hours out of the twenty-four and be benefited, but as it grows older it requires less sleep. There are a few exceptional people who seem to be able to do good work on only four or five hours' sleep a night, but, as a rule, the majority should have about seven hours' sleep, while those doing active mental work may need nine hours.

There is a tendency among the youth of this generation to burn the candle at both ends, to work all day at a high tension and play half the night in exciting amusements, as those commonly seen at the summer amusement parks or in the billiard and pool rooms. Such a course may not seem to be harmful at the time, but, if you watch such people for a period of several years, you will find them becoming prematurely old and unable to advance in their work. One cannot achieve success without concentrating all his energies along the chosen line, he cannot do his work in a haphazard manner and advance at all. He must conserve his energies for his special work.

He cannot conserve his energies and dissipate them at the same time. The young man, or woman, who is seeking pleasures late every evening cannot expect to accomplish much at his work in the daytime. The society belle who wishes to hold her place in society realizes this and reserves her mornings for sleep. Men with serious aims in life, and with high ambitions, often make the mistake of trying to work for long periods with a relative small amount of sleep. It is a great risk, for in such cases Nature exacts her toll by shortening the period of the man's activity.

It may be taken as a rule that as long as a man is sleeping soundly, this is an indication that he still has need of slumber. If he has to be awakened every morning by an alarm clock, he is not securing sufficient sleep. He should awaken in the morning refreshed and not "sleep hungry." This does not mean that one should indulge in the lazy habit of "just another little nap." If one gets in the habit of arising when Nature first awakens him, he will feel more refreshed than if he lay in bed a half hour longer. These later naps are an over-abundance and have

the same effect that an over-abundance of food would have. One should not eat more than he really needs, just because it tastes good. Too much sleep enfeebles the brain. Besides, the structures of the nerves and blood vessels suffer from the continued position. Lying all night in one position tires the muscles, while a change of position gives all the muscles a chance to rest. Heavy sleep, in which the sleeper does not move, is not the most restful. The most rest-giving sleep is like that of a child's, in which the position is changed several times.

There is a demand on the part of Nature for a definite amount of sleep, the nervous system does its work more easily if a fair amount of regularity is observed. Irregular habits may, indeed, be the cause of sleeplessness. Fatigue produces toxines or poisons in the blood. These are eliminated by sufficient sleep.

" Tired Nature's sweet restorer " is dependent upon good nerve supply and a good circulation. Middle-aged people frequently go to sleep easily but awaken in the early morning hours. This usually is an indication of degeneration of the arteries. The " jumps " of younger people indi-

cate a nerve strain which may be the forerunner of a nervous breakdown.

The approach of sleep is characterized by a diminished supply of blood to the head, which produces a dull, stupid feeling. Sleep is as necessary for the growth and health of an individual as is food and air. The brain suffers most from lack of sleep but this soon reacts on other organs. In some rather cruel experiments, it was found that animals deprived of sleep would die, although fed well and provided with all the other necessities of life.

The correct position for sleeping is on the right side, the knees slightly flexed and the body inclined forward. The head should repose on a small pillow. Large pillows are harmful except under certain conditions. A person who is anæmic, that is, lacks sufficient blood, or one who is inclined to be faint, usually will rest better if the head is nearly level with the rest of the body, as this gives a more free circulation to the brain. Some full-blooded people who have an excessive amount of blood will sleep better with the head on a large pillow as this tends to draw the blood away from the brain. Sleeping on the back is

harmful as this allows the abdominal organs to press heavily on the spinal nerves. Nightmare often results. Besides, this position allows the secretions of the nose to drop back into the throat which may result in catarrh. Snoring also is a result of sleeping in this position.

He who would court sleep should avoid worry, excitement and anger, especially in the evening before retiring. One great cause of sleeplessness is mental concentration or worry, the inability to drop the day's work at night. The busy brain keeps working long after closing hours. One method frequently recommended to produce sleep is counting, as this tires the brain by crowding out other ideas. To derive benefit from this counting, the sufferer must give it his close attention so that it will become monotonous.

Those who are inclined to sleeplessness should avoid late suppers and stimulants. The stomach needs a chance to rest as much as the remainder of the body. During sleep the circulation is at a low ebb; this naturally affects the process of digestion, which, as a result, would be slower. Some of the food would not be digested but would remain in the stomach to ferment and pro-

duce various digestive disorders. The gastric juices do not begin to affect the food for about fifteen minutes after eating, so a few minutes' nap immediately after a meal is not harmful, and may be beneficial by quieting the nervous system.

Anything that diverts the blood from the brain helps to produce sleep. A cold compress around the neck or heat to the feet often are found beneficial. A glass of hot milk taken upon retiring may be soothing. Those who would enjoy a good night's sleep should spend the evening hours in some peaceful occupation in which there is no excitement. Reading a soothing story is excellent, as the thoughts of the day's work are crowded out while at the same time the body and nervous system are becoming composed.

The arrangement of the bed and bedroom is a matter of prime importance to those who would enjoy a restful sleep. The bed should be comfortable but not too soft. One never should sleep on a feather bed. The bed-covering should be light, even in the winter, as heavy covering tires the muscles. It is better to have several hot-water bottles in the bed than to have

too heavy bed-covering. The room should be thoroughly ventilated. Indeed, some men have been cured of insomnia by sleeping in the open air. One great benefit to be derived from living in the country is the abundance of fresh air and lack of nerve-racking excitement. A warm sponge bath or alcohol rub just before retiring often acts as a relaxant to the tired muscles and makes sleep much easier wooed.

For several reasons it is better for every individual to have his own bed and if possible a separate room. The custom of husband and wife sharing the same bed has many harmful consequences. No two individuals have the same habits or requirements as to sleep. One, perhaps, finds it difficult to sleep during the early hours of the night, while the other awakens at an early hour in the morning. The habits of sleeping which have been in existence for twenty or thirty years before marriage cannot be changed easily at will, therefore one or the other suffers from insufficient sleep. Also, one is liable to be restless and disturb the sleep of the other. Naturally this is a source of irritation and may result in a quarrel. Then, too, the proximity is liable to

arouse the erotic desires and induce too frequent intercourse.

If insomnia does not respond to these hygienic measures, there probably is some more serious underlying cause and the patient should submit to a thorough examination. This condition may be the first symptom noticed of some organic disease or it may be an indication of nerve tire, neurasthenia. It may be due to some persistent irritation, as that from a decayed tooth or a rectal fissure. It may be due to catarrh or a growth in the air passages. Whatever the cause it should be removed, if possible, for sleep is a necessity as well as a privilege for all.

CHAPTER XI

HAPPY MARRIAGES

THERE is so much talk about unhappiness in married life, affinities, incompatibility and divorce that it would seem as though the entire marriage structure must be at fault. It has been estimated that only about five per cent. of the marriages in the world prove happy. We are left to infer that the other ninety-five per cent. have found the partnership, into which they entered so full of joy and hope, to have been a failure. The causes are stated variously in the divorce courts, although many endure what they regard as fetters without allowing the world to know of the existing conditions. It is very common to hear a woman say, "If it were not for my children I would not live with my husband another day." Many a man says, "I must live up to my obligations."

The divorce problem seems to be troubling a great many conscientious people, who try to legislate against it, but neglect to go back to the foundation of the trouble. People would not want divorces unless there was some reason back of the desire. This cause is not in the marriage relation itself, otherwise the five per cent. would not have found complete happiness.

The great fault with marriage is the ease with which it is contracted and the few limitations set around it. Anyone can get married,— the lepers, the insane, the idiots, the sexual perverts, the idle and dissolute, the man with a communicable disease, the immature who have no sense of responsibility; in fact, anyone who can procure enough money to pay for a license or the fees of the minister or justice. In many states no license is necessary. Mere children, in a moment of fun or infatuation, can go before a justice and take upon themselves lifetime vows. No preparation is needed. All knowledge necessary for the new life is supposed to come by instinct. How untrue this is, is shown by the unhappy terminations of many of these marriages. It is a fact that marriages between people of mature

age are liable to be more happy and lasting than those made by unprepared youths.

If boys and girls must marry without preparation for their future life, then it is a question if the countries in which marriages are arranged by the parents have not solved the problem better than we have. Then, at least, an innocent girl would not be allowed to marry an utterly incompetent man.

In every business except that of marriage and parenthood preparation and education for the position are required. No man would be placed at the head of a manufacturing concern until he had mastered every detail of the business. No girl would be allowed to teach school until she had gone through a period of preparation and training so that she was fitted and well qualified. Before anyone is engaged for an important position, the employer investigates the references and qualifications of the applicant.

In the marriage contract no preparation is required. A man attracted by a pretty face does not rest until he has married the owner. He does not stop to consider that in a life partner he wants, not only a pretty face, but somebody

who will be a true companion to him, who is interested in the things that concern him, and who will have the same desires that he has. A pretty face soon palls if behind it there is not a clear mind and a readiness to help in the battle of life. Many a man's life is either made or marred by his wife.

The foundation for a divorce often is laid on the night following the wedding ceremony. Many a girl marries without any idea of the relationship of the sexes. On the wedding night the man forces his attentions upon her so violently that she is filled with loathing and disgust, a feeling that never is overcome entirely. There are many brides who enter upon their new life with no idea of the relation of the sexes. They think their life after marriage is to go on as before and are surprised and shocked at the real events. Many a bride conceives the idea that her husband is not like other men, that he is a brute and is so ashamed of the occurrences that she never confides in anyone and so goes on crying out her misery in solitude.

There is such a great difference between men and women in regard to their sexual desires. A

man has his desires awakened at a very early age but a girl frequently has no knowledge of the meaning of sexual desires until after marriage. Then it has to be developed. Besides this, the bride usually is in an exhausted state by the time of the wedding day, due to the exertions of preparations for the wedding, coupled with a round of parties, with their late hours, that are given in her honor. To say the least, this exhausted condition entitles her to a great deal of consideration. Frequently her nervous system is upset further by the barbarous custom of rice and shoe-throwing after the wedding, together with the decorating and announcing of the departing couples.

It is in this state that she enters the bridal chamber. Her greatest need then is rest and reassurance, but instead of that, the thoughtless husband adds the traditional straw. He takes it for granted that his bride knows what to expect and is so happy at the thought of having won the desire of his heart that he does not realize her condition or need. It is right here that the seeds of divorce or the seeds of a happy married life are sown. The man who realizes the possibili-

ties of the moment will be rewarded many times. If he can control his desires sufficiently to take the nervous girl in his arms, soothe her into quietude and then allow her to have a rest before he attempts further advances, he will not regret this step. Some men have found it wise to wait a day or two until the bride had become thoroughly rested and until she could be led to desire a fulfillment of the love caress. This point cannot be impressed too strongly upon the man about to be married.

During the first few months of married life, when the couple have to become adjusted to each other, it is most imperative that they should live alone. The man makes a great mistake who takes his bride to live even for a time in his parents' home. No matter how kind and considerate they try to be, their ways naturally are not her ways. Differences arise and it is impossible for her not to feel that in some way her coming has upset the regular routine of the family life. Then there are times when she and her husband would like to spend the evening alone but they feel compelled to be with the family. Living in a boarding-house or hotel has

an equal number of objections. A real home, no matter how humble, should be established at the very beginning of wedded life.

The young couple should talk over together all matters of mutual interest. The bride should have a clear understanding of her husband's income and of just how much can be allowed for household expenses, and then they should live within their income. Too many couples make a mistake in living a little beyond their means with a constant struggle to meet expenses. Such a course can end only in misery. The old and much discussed question of an allowance for the personal use of the wife should be settled at once. It seems that any intelligent man would see that she, at least, was entitled to the wages paid a housekeeper, unless he takes the attitude of the man who said it "was cheaper to marry a housekeeper than to hire one." In that case we would not expect the marriage to be a happy one.

The honeymoon usually passes only too quickly. The man settles down to his work and takes the love of his wife for granted. It has been said that love is only an incident in a man's life, but a woman's whole existence. At any

rate, it is true that the wife often expects the arduous love-making of the courtship and honeymoon to continue forever, and, when the man settles down to the routine of life, she thinks he is growing cold and spends many unhappy hours worrying over the thought. The man who would live a happy married life must be the married lover. If he would have his wife respond to his love-callings, he must keep the arts of the courtship days, must become the permanent lover who gently leads up to the love act by kisses and caresses.

In many cases after the first few weeks of married life, the man is so anxious to place his family in a position where they will want for nothing that he becomes so engrossed in his business that he does not have much leisure time to spend with his wife. After the rapture of the courtship and honeymoon, this seeming neglect is made very poignant, and at first the wife spends many hours weeping over the loss of her husband's love (as it seems to her). Then she gradually grows indifferent and when finally the man emerges from his business cares and wants the affection of his wife, he finds she has grown cold. Instead of

following the method of his courtship days, he rushes off to find consolation elsewhere. The much maligned affinities now make their appearance, and woe to the happiness and contentment of both husband and wife. The man who wishes to retain his wife's love never must forget to show his appreciation of her. Many a man tells others how comfortable it is to go home and find dinner ready, his wife and children at home, but he neglects to tell her the same thing and she thinks she is not appreciated.

There is no home complete without children, and every true man and every true woman hopes to have offspring sometime. No couple should marry who did not expect to have children unless there is some constitutional defect which makes such a course impossible or undesirable. Children bring the husband and wife closer together and complete their happiness. The complete home is the happy home.

CHAPTER XII

THE MARRIAGE PARTNERSHIP

If a man should enter a business partnership with his principal assets mortgaged or bankrupt by some secret claim and conceal that fact from his partner, or if the demands he makes should cause such a drain on his partner that he would exhaust his original resources, we would cry "fraud," and send the man to the penitentiary.

Yet many a man enters into the marriage partnership bankrupt of manly qualities because of dissipations and demands that of his partner which causes her to become a physical bankrupt. In this case, too, the cry of fraud sometimes is heeded with the result that the partnership is dissolved by an order of court called a divorce on the grounds of cruelty. However, no recompense is made to the partner and there can be no restoration of that which was taken away.

A charming girl, eighteen years of age, was

married to a young man a few years older. Within a few weeks she came to us with the complaint of a discharge (leukorrhœa), painful urination and backache. Examination resulted in the diagnosis of gonorrhœa, which already had extended to the uterus and tubes. The husband was consulted and denied the possibility that she could have been infected from him as he did not have the disease. Close questioning revealed the fact that two years previous he thought he had a slight attack of the disease but, upon following the advice of a druggist, the discharge disappeared within a few days and he really doubted if he had gonorrhœa. His case is typical of the many. A great many men have only a mild attack, consider it no worse than a bad cold which must be stopped as soon as possible. They follow the advice of friends or someone who is not competent to treat disease. As a result, although the symptoms have disappeared, the germs still lurk in the deeper tissues and upon marriage or after a few excesses they reappear. Perhaps the man does not notice any disorder but there are enough germs in the secretions to infect the woman who, as a result, enters upon

a lifetime of misery. This is one of the countless tragedies of a partnership in which one of the partners is not certain of his liabilities. It is estimated that four-fifths of all young men contract gonorrhœa and, although the disease apparently may be very mild, yet not one of these young men is fit to marry until he has had a microscopical examination which shows him free from the germs.

No man has a right to do anything that will bring misery upon another. No man has a right to take away the privilege of motherhood from any woman. Yet that is what he is doing when he infects his wife with gonorrhœa. No man ever knowingly or willfully infected his wife. It usually is done ignorantly and "innocently." Probably the man contracted gonorrhœa before he was aware of its disastrous tendencies. He has become so accustomed to hearing his friends speak about having a "dose," hearing them laugh about it and tease each other, as though it were only a matter of a little temporary annoyance, that he regards it lightly. He even has heard a man speak of contracting a dose several times with no bad results. So when he contracts

the disease, he follows their advice, uses remedies to "dry up" the discharge, thinks he is cured and gives no further thought to the matter. It should be impressed upon every young man at an early age that gonorrhœa is not the simple disease it often is considered to be, but is a disease of far-reaching consequences. We need to give publicity to the real facts, so that boys will not ignorantly carry with them to the marriage-bed the germs of everlasting misery and sterility for their brides.

Things have reached such a state that it is uncommon to find a married woman who is perfectly well. Every physician who has an extensive practice in the diseases of women could give hundreds of instances where loving husbands had been to blame for disagreeable treatments and painful and serious operations on their wives because no one ever had sounded to them the warning note. (See "Herself")

Prostitution is as old as the world and it is useless to expect to banish it during this generation or the next, although long steps may be made in that direction by persistent effort. Men will continue to visit prostitutes and will contract

gonorrhœa just as men will continue speeding in autos even though they know there are a great many accidents. Therefore, we must meet facts as they are and not as we would like to have them, and dutifully and urgently sound the warning note so that when men do contract gonorrhœa they will go to someone who is competent to treat it, someone who will not make light of it and dry up the secretions in a few days, leaving the germs to bring future misery. Gonorrhœa needs treatment for weeks. It needs constitutional treatment. No one can be certain he is cured until the microscope proves that fact.

For some unknown reason there has been established a double standard of morality, one for the man and another for the woman. Should the man transgress from the straight and narrow path, he is excused, for he only has been "sowing his wild oats." Should a young woman follow in his footsteps, she is cast into outer darkness, out of "nice" society. She is considered as the filth of the earth and given no chance to redeem herself. Perhaps one reason why this double standard has been allowed to survive is woman's own view of the situation.

Women of the past have been too inert, too ready to condone the sins of the other sex and too quick to condemn their own sisters. Men have a feeling of universal brotherhood and stand by each other, but women have been the worst enemies of their kind. Fortunately, there has been an awakening and with the newer demands of women it is probable that they will demand equality in this vital matter. The men who are not too selfish will applaud this effort on the part of women to protect their sisters from reaping the misery which grows from the wild oats sown by thoughtless youths.

But there are other things besides disease to be considered in this marriage partnership. There are many problems that must be solved by every newly married couple and the solution cannot and will not be the same in all instances. Among the laboring class it is taken as a matter of course that the husband should earn the money to support the family, while the wife keeps the house and cares for the children. Under this régime there is an equal division of labor. Both have their work and neither has any complaint on that score. If a woman does her housework,

cooking, scrubbing, washing and ironing she should not be obliged to do any extra work to bring in "spending money." It should be considered that she is a partner in a business in which she is entitled to equal benefits. In a business partnership between two men one may look after the selling end of the business while the other looks after the management and buying. Each is equally important, but, although the man who does the selling takes in all the money, it is no more his than it is his partner's. Some men seem unable to see the marriage partnership in this light. They think that because they take in the money they are entitled to it all. They talk about "giving" their wives money as though they were objects of charity. The wife has to ask permission to buy even the necessities for herself. Sometimes she has to almost beg for money to buy decent clothing for the man's children. This is not right. The money taken in by one partner should be considered as belonging to them equally, and the two together should decide upon the expenditure. If the man is allowed money for cigars, tobacco and other luxuries, the

woman should be allowed an equal amount to spend upon any luxuries she craves.

Many men object to their wives "working" after marriage. They say a woman should be contented to stay at home and take care of the house. This is rather a one-sided view of the matter. It condemns many women who have been educated for special lines of work to do one line (housework) for which they may not be fitted in the least. Take a girl who has been trained to do commercial drawing, for instance, and require that she should do the washing, ironing and scrubbing — work that is more fitted for a man's strength. The result,— her work is half done and she is tired all the time. She is not a companion to her husband, for she is too tired to enjoy his company at night, she has not the time nor energy to devote to keeping abreast of the times. They grow to require different pleasures during their leisure hours. He, perhaps, has had a busy day at the office or store and at night would be contented to rest and smoke and read; she, if not too tired, wants to go where she will meet people. The result is that hus-

band and wife grow farther and farther apart. Their lives are in different spheres and they soon find they have very little in common. How much better it would be for such a girl to work at her profession several hours a day and employ a maid to do the housework. Then she would have time to keep her mind active and would be a much better partner than otherwise.

CHAPTER XIII

MAN'S RIGHTS

THE expression "Man's Rights" sounds a little unusual. We have heard so much recently about woman's rights that we have not given much thought to the rights of the other sex. It may be that we consider they have their rights already and the only question is how to curtail man's rights so that they will not interfere with woman's rights. However, there are some rights which men are entitled to and which they are not exercising in all cases. Every father has a right to interest himself definitely in the welfare of his child, also, he has a right to coöperate practically with the child's mother in her efforts to promote that welfare.

It too often is the case that the father leaves the training and care of the children entirely to their mother. He considers he has done his full duty if he provides them with the necessities and

comforts of life. This is not true. Every father should interest himself in the daily life of his child, the girl as well as the boy.

The most fortunate boy in the world is the one who has a chum in his father. Such a boy seldom will go far astray. He will achieve success in business. He will understand the code of treatment of his women and girl friends. In fact he will, in the truest sense of the word, be a MAN.

However, not all boys have a father's understanding confidence. The proof of this is the fact that so many boys leave home while still in their teens. Sometimes they run away and are never heard from, sometimes they report where they may be found, and sometimes they leave with the knowledge of the parents but with a sense of relief on both sides. Such a state of affairs should not be, but the beginning of the end occurred when the child was yet a baby. Somewhere in the early years of his life the boy and his father failed to understand each other, a gap was formed which never was bridged over.

From the time a boy begins to talk he is an eternal question-mark, quite as much as is his sister. Among the first words he learns is *why*.

He is told not to do something and he asks why. He is told to do something and he asks why.

This "why" is as natural as it is for a boy to live or breathe. It is only by inquiring that he can obtain knowledge and so grow in learning and wisdom. Naturally, at first, his father is his ideal and the fount of all wisdom, so first he inquires of his father, and, if he finds his father ready to give him an answer, he goes no farther. If, however, his father finds it too much trouble to explain things to his son, he will go elsewhere. If he always happened to encounter only those who gave him a correct answer all would be well. Unfortunately the ones most ready to talk and disseminate their store of knowledge, either for good or evil, are the ones least fitted to be a guide for the young boy. It is ever the orator of the soap-box in the corner grocery who is willing to talk to whoever will listen. It is a strange fact that the men who do things in this world are inclined to be silent. Of course, the main secret of their success is conservation of energies and this does not allow dissipation in useless talking. So it happens that when, at a very early age, the boy begins to inquire about some things relating

to sex, it is the loafer who usually gives him his information. All through his life, the boy finds that the moral people, those who should have led him aright, are silent, while the vulgar are ever ready to give information. So it happens that his earliest knowledge of the most sacred of relations is obtained from one who looks at things in a coarse manner. Is it any wonder that the boy forms wrong ideas and is led into paths where he should not go?

The man who will become a companion to his son, enter into his life, his plays and his trials, who will become in thought a boy of the same age of his son will be well repaid for his effort. Not only that, he will derive the most intense pleasure from this companionship. There is something very fascinating about the development of a young mind. The man who will watch this development, guide it as he would guide the growth of a young tree, so that it may grow straight and strong, will find he has entered into the most fascinating game in the world. Beside it all others dwindle into insignificance.

If the father does not take his rightful place as the companion of his son and claim his rights to

direct the unfolding of that boy's life, someone else will usurp his rights, someone else may start the boy in the direction opposite to which he should go; someone else may so bend and distort the boy's mind with wrong ideas that, instead of growing straight, it will be gnarled and crooked, broken in places and eaten with worms.

I believe that every boy wishes to grow into a clean, strong-minded man who is able to take his place in the world of affairs. In his boyhood days he is not able to distinguish between the real and the worthless imitation. He has not become an expert judge of affairs. Before a man can take his place as an expert in any line he must endure years of apprenticeship, during which he is being trained for his future position. He will not be able to train himself, but must be under the guidance of those who have been taught and have learned their lessons. It is the same with the business of manhood. A boy must pass through years of training, he must not be allowed to acquire wrong methods. He must be taught by a wise teacher, and that wise teacher should be his father. It is one of the rights of parenthood to assume this position of teacher.

But the boy is not the only child in whom the father is interested and in regard to whom he has rights. The father is more liable to insist upon his rights in regard to his son than he is in regard to his daughter. Too often the father leaves the entire care and training of his daughter to her mother, but this is not right. Times have changed during the last generation. The mother is a product of one generation and the daughter of another. The opportunities for the misleading of young girls are greater than ever. Often the mother is ignorant of the dangers that await her daughter, for she has been too much at home, has lived a protected life and is not aware of the temptations her daughter is bound to encounter.

The father often pays no attention to the environment of his daughter, to her companions, until suddenly he is confronted by a terrible catastrophe.

In the year 1911 the New York police were called to the aid of three thousand five hundred families from which some member had disappeared, and in that number were approximately one thousand women, most of them ranging from fourteen to twenty years. Nor does this number

cover all the young women who drop out of the world of their acquaintances suddenly. The police say that not more than half the actual disappearances are reported.

"In 1911," says a police official commenting on the figures, "we have been confronted with hundreds of cases in which girls disappeared leaving no trace behind. They made no preparations for departure, and few have been found since then, although we maintain a bureau of missing persons especially to carry on this work of search.

"Our investigations show that there are four causes which cover most of the disappearances: First, severe home restraint; second, extreme poverty; third, theatrical aspirations; fourth, lured away."

Behind these statements is the fact that the father of such a girl has not exercised his rights. If he had, he would have been able to provide his children with the necessities and some luxuries of life. He would have retained the confidence of his daughter and she would not have been enticed away from home by the glittering baubles offered.

If parents only will meet their children half way and be close friends and companions to them, they need have no fear of their sons and daughters drifting away as they grow older. There should be perfect confidence between parents and their children. A child should be certain of sympathy at all times. She should feel that her well-meant questions never will be repulsed. One day a little girl on her way home from school heard some things concerning the relations of the sexes. She inquired of her mother concerning their meaning. The mother slapped her face and said, "Don't let me ever hear you speak of such things again." Later, when this girl needed the advice of her mother she could not bear to go to her because of this repulse, and so obtained wrong advice elsewhere.

Do you fathers know who is the companion of your daughter on the long rides and walks, on the way to and from school? During the course of the day, as you walk along the streets, or go about the various offices, do you not notice the girls who are making themselves cheap and common by their mode of dressing, their smiles and careless talk? Do you not hear men making

slighting remarks about these girls? Of course you do, but at the same time are you certain what your own daughter is doing? In your presence and at home she may be the acme of decorum, but how is she when away from home? Is she not making mistakes and being led in wrong but alluring paths? Forewarned is forearmed. If your daughter does not know of certain experiences that she is bound to meet, she will not know how to combat them. She will be like the general who is surprised by an attack from an unknown ambush where danger was not expected. It is the father's right to know that she is given the weapon of knowledge and that she does not marry a man who is so diseased that her married life cannot help but be unhappy.

The rights of a man in regard to his wife are quite commonly misunderstood. His rights do not include the ownership of his wife's body. He has no right to compel her to submit to excesses at any time, and especially when she is not in a fit physical condition, as during menstruation or for several months after childbirth. Many women are made chronic invalids because of a too early resumption of the marital relations.

However, a man has a right to expect a number of things of his wife. She is not a doll-baby to be played with like a toy, nor to be relieved of all cares, to be fed and clothed like a baby. She should be an equal partner in the business of life and give full measure for what she receives. It is the man's right to aid her in developing her talents, to keep her mind and body in a perfectly healthy condition so that she may achieve that highest of positions, that of wife and mother.

CHAPTER XIV

THE SEXUAL NECESSITY

THAT cohabitation is necessary to physical health, that continence and strength are strangers, is the comforting creed of those who wish to indulge in such intercourse as they feel they must excuse in some way.

That regular gratification, as is found in marriage, is the most healthful for the individual has been proven. A moderate amount of sexual gratification seems to have a beneficial effect upon the entire system after the age of maturity. This can be obtained in no other way except through marriage. Masturbation or self-abuse is degrading. Fornication always is irregular, often excessive, hence is not conducive to health. Marriage only allows natural, unstimulated sexual desires and accomplishes that which is necessary for health, sexual quietude.

Unmarried men, especially in large cities, are

thrown constantly in surroundings where they have their sexual desires stimulated. Among the things that contribute to arouse erotic thoughts are the exhibitions of suggestive pictures, as are seen in the "free museums for men only," and some of the moving picture shows, as well as in supposedly high-class theaters. Suggestive literature is plentiful and freely distributed. The busy streets throng with girls whose business it is to arouse the interest of young men by their personal charms. This constant stimulation of the sexual desires, without appropriate relief, has a harmful effect upon the young man's nervous system. Absolute continence in those placed where the temptation is thrown constantly in their way is almost impossible and is unnatural. That is why marriage is necessary to men and women whose position places them in surroundings where they have their sexual desires stimulated. Under such circumstances secretions are formed and the organs stimulated to such an extent that the desire cannot be overcome by force of will. The struggle to maintain a continent position is so great that it often causes injury to the health, and especially to the nervous

system. The constant stimulation and secretion is a tax on Nature, who is not able to take care of the extra amount of secretion by absorption. As a result there are pollutions, or night losses, which are a source of annoyance and worry to the man. The nervous system is upset and it is claimed by some that this is the cause of the greater part of the nervous troubles of young unmarried men and those who are unequally mated. Such an individual has his only cure in a congenial marriage. By no plan of fornication can he escape the disasters. Continence is much better for an individual than irregular intercourse. People happily married are not greatly tempted by erotic surroundings. A person having temptation presented can resist, and also not place a strain on Nature, if he can relax the organs and relieve the strain in the normal and legitimate manner that Nature intended by intercourse between husband and wife.

It is stated by those who have investigated that the houses of ill-fame are patronized largely by married men who have not sexual satisfaction at home. The maintenance of these houses necessitates that blot on the nation, white-slavery.

A moderate amount of sexual intercourse between husband and wife practiced under congenial conditions will do more to prevent the white-slave traffic than anything else except sex education of the young. And sex education is conducive to more harmonious marriages. If there were not so much false modesty prevalent, men would understand better the treatment of their wives and women would understand better the needs of their husbands.

Continence should be absolute until marriage. A man who never has indulged will not have the same temptations to meet as he would otherwise. It is possible for a young man to remain continent even after indulging if he lives the mode of life that does not tend to excite sexual desires. Incidents of this fact are shown by the life of men who are remote from female society. Sailors and other seafaring men often are continent for months at a time with no detriment to their health. Prize fighters in training do not deteriorate from the lack of sexual gratification. In fact, as soon as they break training and begin to dissipate, their strength takes wing. Soldiers during battle do not suffer from continence, for

they have nothing to arouse their desires and no time to dwell upon the thoughts of such pleasure.

Therefore it may be drawn as a conclusion that it is possible, and desirable, for a man to live a continent life if he will control his mind so that it does not dwell upon erotic thoughts; if he will keep his mind busy with other thoughts and not allow it to wander into perilous places. There is a superstition that if a man does not exercise these organs frequently he will lose the use of them. This is wrong absolutely. The breasts of a woman do not lose their power of producing milk even though they be not called on for many years. The same fact is true of the testicles. However, as soon as a man is mature and able to take upon himself the cares of a home, it is better that he marry someone who is suited to him physically as well as mentally. There is so much difference in men in regard to their sexual desires and needs that a man should marry a woman who is physically mated to him. Then if he will use the same powers of diplomacy as he would use in his business he can be assured of a contented sexual life.

CHAPTER XV

THE PROTECTION OF WIVES AND DAUGHTERS

It is the history of nations that whenever the country was enslaved and the liberty of the citizens curtailed, the men of the nation arose in their might and subdued the enemy, broke the fetters that bound them and walked out into freedom.

In our country when the citizens became impressed with the fact that one race of people (the negroes) were being oppressed, the men of the nation took up arms and fought until they obtained the freedom of these people.

At the present time there is another call to the manhood of the country. Investigations carried on by the United States Government have proven that slavery of the most abhorrent nature is in existence in our country to-day. Judge Newcomer, of Chicago, said recently, "If you mean by the white-slave traffic the placing of young girls in a brothel for a price, it most undoubtedly

is a real fact, based upon statements that have been made in my courts during the past three months by defendants, both men and women, who have pleaded guilty to that crime, and in a sense it is both national and international. Within one week I had seven different letters from fathers in other cities asking me in God's name to do something to help them find their daughters, because they had come to Chicago and they had never heard from them afterwards."

Every man should read Document 196 of the United States Government, "Importing Women for Immoral Purposes"; then he would understand some of the real facts of the case. He would see the menace that is threatening the wives and especially the daughters of all classes. To quote from this report:

"Those who recruit women for immoral purposes watch all places where young women are likely to be found under circumstances which will give them a ready means of acquaintance and intimacy, such as employment agencies, immigrant homes, moving picture shows, dance halls, sometimes waiting-rooms in large department stores, railroad stations, manicuring and hair-dressing

establishments. The men watching such places usually are suave in manner, well-dressed and prosperous looking. They become acquainted as intimately as possible with the young women, then use every conceivable means of betraying them.

"Many of the girls now engaged in prostitution have told agents of the commission of the desire of procurers and disorderly-house keepers to obtain innocent young girls. They consider them particularly desirable because they have no pimp (slave driver) to demand a share of their earnings or to remove them from the disorderly houses at will, and they will last longer, and therefore be more profitable. The proprietor of such a house will even pay a large price for such a girl. Among the papers taken from the Dufaur house, a disorderly house in Chicago that was raided in June, 1908, was a letter from a man in London asking Dufaur to send $200 for the passage of himself and woman from London to Chicago, and a receipt showing that the money had been received from Dufaur.

"Another letter was from a woman in Brussels addressed to Mr. and Mrs. Dufaur, asking

if they had a place for the writer's eighteen-year-old sister who wished to come to America. Still other evidence showed that Dufaur had paid one thousand dollars for an exceptionally attractive girl."

Although this report has to do especially with girls who are brought here from other countries, yet it applies equally to American girls. An able investigator said: "The foreign girls have a safeguard in early marriage. While unmarried and away from home they usually live with families of their own nationality and are treated as members of the family. Italian girls are further protected by the severe standards of their parents; an Italian father would almost kill a daughter who had gone astray. I have found Russian, Jewish and Italian girls innocent, very sweet and trustful.

"American wage-earning girls on the other hand present a different picture. While many of them find homes in private families or among friends, many others are rooming in houses where there is no one to look after them. Many of them have no sitting-room in which to receive men friends and have to use their bedrooms for

this purpose. Some girls speak of this necessity with regret and a serious realization of the situation. Such girls can live under these conditions and be safe. Others resent the implication that these conditions are dangerous, feeling that their own virtue is questioned. Others treat the matter flippantly.

"The men and women who are interested in girls for no good reason have no difficulty in meeting the American girls, working as they do in stores, offices, hotels and restaurants. I believe that the American girl is surrounded by more numerous and far more subtle temptations than is the foreign girl."

The white-slave trade is too well established a fact to be denied. Any one who will spend a few hours investigating can prove this for himself. Fathers and mothers are lethargic in the matter. Each one says: "Oh, my daughter is safe, she is living at home and I know she is all right." That is the attitude taken until suddenly it is dissipated by plain, alarming facts. Some day the father or mother awakens to find the daughter gone.

Thousands of girls from fourteen to twenty

years of age disappear annually. In nearly every case the girl apparently makes no preparation for departure and in very few cases are the girls ever found. What becomes of them? Those of you who are acquainted with the work of the rescue homes could answer for some; we, as physicians, could answer for others; the coroner who investigates the suicides could answer for many of the remainder.

In every normal girl's heart there is a desire to make herself attractive, to be popular and to enjoy life. There also is a tendency to imitate those with whom she comes in contact. A very young girl loves to decorate herself with a pretty flower or ribbon. She imitates the example of her older sisters and friends and cannot distinguish between right and wrong, just as boys follow the example of their elders when they commence to swear and smoke, thinking these are the attributes of manhood. Children of both sexes are eternal question marks. About every other sentence they say is, "What is this? Why do you do that?" Usually a very simple answer suffices. All normal children have to ask questions and imitate in order to learn.

In the early years of a child's life, the mother is the ideal of the daughter and the father of the son. The parents are considered to be the fount of all knowledge. Naturally when the child is seeking information the parent is the first one given the privilege of answering. Of course if the parents fail the child must inquire further. A young girl confides everything to her mother until she is rebuffed. All children love babies and desire to have one of their very own. At a very early age, usually under six, the child begins to inquire of her mother, "Mother, where do babies come from?" The usual answer is that the doctor brought them or that they are found under a leaf in the woods and brought to the houses by the storks.

A little later the girl hears from her companions a different explanation of the origin of babies and immediately runs to her mother with her new-found knowledge, which she repeats in detail and then usually says, "Mother, is that so?" Right here is where the majority of mothers make their mistake. The usual answer is, "Little girls must not talk about such things,"

or, "Don't let me ever hear you speak of such a thing again." The latter answer perhaps emphasized by a slap. Naturally, the girl never does speak about these things again — to her mother. However, that does not mean she will not obtain further knowledge. The very answer her mother gave serves to stimulate further curiosity. She holds long confidential talks with her companions, many of whom are older and more versed in knowledge of the relationship of the sexes. As these companions have received their information in a similar manner, it naturally is not very correct. Any story that is repeated a number of times becomes so distorted that the original would hardly be recognized after a few repetitions. So it happens that the majority of girls receive their earliest knowledge of the sex relations and of the origin of babies in a distorted and vulgar manner. It is a proven fact that a large proportion of girls are taught masturbation or self-abuse before they are six years of age. About this same time many are initiated into the mysteries of the sex relations by an older brother or companion. During the last few years we

have had hundreds of letters from girls in nearly every state in the Union which bear out these statements.

The superintendent of Bedford Reformatory for Women said: "In a considerable number of cases girls have confessed to me that while they were twelve or fourteen years old they had immoral relations with the boys or with young men on their way to and from school. Of course their parents were ignorant of this. Afterwards when the temptation came, knowing that they had not been chaste, they felt it did not so much matter. A girl of ten or twelve years knows enough to know she is doing wrong, but not enough to realize what the consequences of her action may be."

The majority of parents would be indignant at the suggestion that their sons and daughters even thought of such things, but in many cases investigation would reveal unpleasant surprises. The numerous rescue homes, which always are full, testify to the extent of the vicious conditions among children. But the girls who reach these homes are only a small percentage of those who have gotten into trouble. The majority have

abortions performed. There are in every city of any size men and women who have a good living from this nefarious business. Once in a while a case proves disastrous and the malefactor goes out of business, but there are others to do his work.

But this is only one result of the immoral life that is prevalent among the youth of the land. Many others acquire one of the venereal diseases. Every physician who does any practice in the diseases of women has had hundreds of cases to treat of young girls afflicted with one of these loathsome diseases. The results of these diseases in young girls can be mentioned here only in a general way. It has been estimated that eighty per cent. of the operations on women are due to one of these diseases. The majority of the unpleasant medical treatments women have to endure are due to the same cause. About seventy per cent. of the blindness in the world is due to the fact that the mother has contracted the most common of these diseases. At least forty per cent. of the sterility in the world is due to the same cause. Think of the childless homes for which this accounts!

With these important and appalling facts before us, what are we going to do about it? What is the remedy? In our estimation the most important remedy is education. Education of the girls, the boys and the parents. The cry of the majority of fallen girls is, "Why was I not taught these things before it was too late? Why did not my parents tell me the things I should have known?"

The answer usually is that the mother was nearly as ignorant as the daughter or allowed false modesty to keep her silent, and the father did not consider it any of his business to see that his daughter was properly educated and protected. It is a fact that the majority of women and girls are ignorant of the structure of their most important organs. In school they are taught all the ologies except humanology. They are taught every science except the science of health and motherhood. These matters are left to chance and knowledge learned on the streets. Is it any wonder that the girls err and fall by the wayside? A baby might injure itself severely picking pretty thistles if not warned of the danger. The girl sees only the allurements that are

held out to her and has no knowledge of the woeful sequences.

It is time that men arose to the necessity of combating the enemy, "Ignorance," which is threatening the lives and happiness of their daughters, of the future wives and mothers. It is time for them to be armed with the weapon of knowledge which will save them from the slavery of disease and degradation.

Parents who do not feel sufficiently informed to present the story of life to their children would find help in some of the books intended for the purpose.[1]

[1] *See "Truths" (Talks With a Boy Concerning Himself), by Dr. E. B. Lowry.*
"Confidences" (Talks With a Young Girl Concerning Herself), by Dr. E. B. Lowry.

CHAPTER XVI

SHALL THE UNFIT MARRY

THE breeding of human beings is the most important business on the face of the earth. Too often it apparently is considered to be of the least importance. Scientific attention is given to every other phase of our daily lives. Our food, our drink, our houses, our clothing, our furniture, everything in fact except this one important subject, has received its share of attention. The details of business, the necessity of specializing in some particular line, has become so impressed upon the people that in our public schools there have been introduced courses for almost every walk in life. By the time a boy leaves college he is well prepared in some special line of work and ready to enter his chosen speciality and make a success of it if he applies himself. At any rate his failure will not be due to lack of knowledge. In the present age boys are trained for every

business except that of fatherhood. That is supposed to be a matter of instinct, one of the undeniable rights of the race.

The father whose daughter is about to enter matrimony investigates the financial and social standing of his future son-in-law, but he seldom inquires closely as to the health of the man. Even though he knows the man has a reputation of having "sown his wild oats" he does not consider this any detriment. "He will settle down after he is married," is the comforting assertion. No thought is given to the risk the girl is running of having to pay the penalty of the wild oats.

The breeder of dogs or horses is very careful as to what animal he has at the head of his kennels or stables. No scrub would be tolerated, but any old reprobate is good enough to be at the head of a family of human progeny, in the opinion of some fathers.

In some states any person can marry. Sometimes to obtain a license the presence of both parties is not necessary, one may be bedridden or a helpless cripple. In some of the states mere babies are allowed to come from another state and in a moment of fun or infatuation take upon

themselves binding vows of the meaning of which they have no conception. No wonder there are so many divorce cases in some of the neighboring states!

This lack of stringent marriage laws also becomes a help for the white-slave traders. Owing to the secrecy with which marriages can be performed, many unscrupulous men take advantage of this to have sham marriages performed, which deceive the girl until it is too late.

In a recent address before the Chicago Woman's Club, Judge Goodnow stated: "It is too easy to get a license to marry." The Chicago Vice Commission has put it as follows: "An application for a license of any kind, whether it is to construct a house, run a push-cart or peddle shoestrings must be accompanied with evidence that the applicants are responsible and reliable agents. But for a marriage license, *one person*, unattended and unknown, and, as far as one can know, an epileptic, a degenerate or one who has in his blood a loathsome venereal disease, may pass his name through a window with that of a similarly questionable female, likewise unknown, and be granted the divine right to perpetuate his

kind in turn, thereby placing a burden and blight on society and the community for generations to come."

One degenerate man, the father of the "Jukes," cost the State of New York a million of dollars through his degenerate offspring. Those who are working hard to make a success of their lives should not be burdened needlessly. Yet more burdens are added daily because we do not consider it necessary to regulate marriage. No man should become a father who cannot and will not observe the demands of temperance in all things for the benefit of his child. Yet, by allowing marriage of the unfit, without sterilization, we give permission for them to bear children to become a burden upon the community.

There is a laudable attempt being made by several individuals and organizations to require a medical certificate of fitness for marriage. There have been advanced against this the arguments that such an act would be abused by many, also that it would be a transgression of the liberty of the citizens. Many colleges require a complete physical examination of all applicants, many employers exact the same, insurance companies

generally require a rigid examination; yet these are not considered violations of the rights of the citizens. An examination for marriage similar to an insurance examination might be conducted by registered examiners and women physicians could examine the women. This would avoid fake certificates being given by unscrupulous physicians.

A few of the more progressive states have passed laws regarding the marriage of degenerates, epileptics and others unfit to become parents. The Indiana law is as follows:

"No license to marry shall be issued except upon written and verified application. The form of application shall be supplied by the State Board of Health, and said board may revise said form from time to time, as may be advisable. No license to marry shall be issued when either of the contracting parties is an imbecile, epileptic, of unsound mind or under guardianship as a person of unsound mind, nor to any male person who is or has been, within the last five years, an inmate of any county asylum, or home for indigent persons: nor shall any license be issued when

either of the contracting parties is afflicted with a transmissible disease."

Surely a great movement in the right direction!

CHAPTER XVII

THE DEVELOPMENT OF LIFE

One of the secrets that never have been unraveled by man is that of the origin of life. We know many things concerning it and yet we are not able to manufacture the most simple forms of life. Even the one-celled amœba holds secrets that cannot be fathomed by the most devoted scientists.

In the lowest forms of life a new body is formed by a process known as division in which the parent body divides and forms two bodies, each of which is a complete individual.

In the next higher form of life the new body is formed by a process called budding, in which the parent body sends out little shoots or buds which break off and become new bodies.

In higher forms of life a new individual is formed by a union of male and female elements. In asexual animals and flowers both these ele-

ments are contained in one body, but in the higher forms they are contained or manufactured by different organisms.

In the lower forms of animal life the joining of these two elements is left largely to a matter of chance, as it would seem, although Nature makes numerous provisions to help carry out her wishes. In the flowers the ovum or female element is contained in the ovaries, which later form the seeds, while the male element is contained in the pollen. Neither portion is perfect without the other. They are dependent one upon the other. If the pollen or male element cannot reach the ovum or female element it will wither and die and never develop into the fertile seed.

The lower forms of animal life and the lower forms of plant life hardly can be distinguished from each other, but, as we advance in the scale, the differences are more marked. Very few plants have voluntary movement, so the fertilization has to be left to other of Nature's helpers, as the wind, the bees and the butterflies.

In some of the lower forms of animal life the fertilization of the ovum seems to be left partly to a matter of chance, to good luck. The male

fish, for instance, deposits the fertilizing elements in the water over the eggs and trusts to Nature to see that they reach their proper destination. In this and other forms of life the fertilization of the ovum takes place outside the body of the female. In the frog family the eggs are fertilized by the male just as they are leaving the mother's body. As we go higher in the scale of animal life we find that a little closer connection between the male and female bodies is required. Thus in the fowl family the male bird deposits the fertilizing elements in the mother's body.

In man, the fertilizing element is formed in the testicles and expelled through the epididymis, the vas deferens and the urethra directly into the vagina of the female. The fertilizing element consists of minute bodies called the spermatozoa, which seem to have no power of movement in the testicles, but after being nourished by the secretions of the prostate, seminal vesicles and Cowper's glands become very active. They propel themselves along by a movement of the flagellum or tail. That their power of propelling is considerable is shown by the fact that sometimes they travel from the external orifice of the vagina

to the body of the uterus or womb, a distance of several inches. They have considerable vitality, as they have been known to live in the vaginal secretions for several weeks, and have been known to remain alive in the male generative tract several days after the death of the individual. This fact explains why it is possible for a woman to become pregnant even though the semen be expelled only against the external organs. Some people have the mistaken idea that urination after intercourse washes out all spermatozoa. The fact that there is no connection between the female urethra and vagina shows how erroneous is this idea. (See "Herself, Talks with Women," p. 15.)

The union of the male and female elements usually takes place in the tube, but may take place anywhere in the female generative tract. The process of fertilization is known as impregnation. After the ovum is fertilized it descends to the uterus or womb and attaches itself to the side of the womb and commences to grow. It takes nine calendar or ten lunar months for the ovum to develop into the fully formed babe, although there is life from the very moment of conception

and by the end of two months the body of the child is very well distinguished.

During its growth in the womb, the child receives its nourishment directly from the mother. Naturally this is a considerable drain on her system, which accounts for the nervous condition that frequently accompanies pregnancy. The husband who would have a healthy and well-formed child should show his wife every consideration during this period of her life. He should see that she is relieved of all strain, either physical or mental, and that she is provided with plenty of nourishing food and healthful surroundings. The mother has to deny herself many wishes and practically seclude herself for a period of a year and a half (the periods of pregnancy and early infancy); hence it only is fair that the father should bear his share of the burden by relieving his wife of all unnecessary cares and exertions. Especially in the matter of marital relations he should consider her wishes above his desires. It is considered best for both mother and child that there should not be any sexual intercourse during the entire period of pregnancy nor for three months after the birth of the child.

However, some women desire intercourse during pregnancy and then a moderate amount does not seem to have a bad effect. The marital relations should not be resumed for at least three months after the birth of the child. Before that time, the congestion and excitement incident to the act is liable to result in a condition of inflammation of the womb which may have lasting effects. Many women have their health ruined by a too early resumption of these relations. The man who will not sacrifice his personal desires for the health of his wife and child is not worthy to be a father.

CHAPTER XVIII

THE LIMITATION OF OFFSPRING

RACE suicide and its dangers have been so impressed upon the majority of people that they can see only one side of the question. They have been taught to believe it is the duty of every married woman to have all the children that "God gives" her. They consider that if she takes any measures to prevent having one every year she is going contrary to the teachings of Nature and should be classed with the criminals.

This has been so much impressed upon those in authority, the lawmakers, that they have put upon the Federal statutes a law making it a felony punishable by five thousand dollars fine and five years at hard labor to impart any information whatever relating to the prevention of conception. The information may concern a thing, an instrument, or it need not be any material substance at all — only a "method."

At first glance this law may seem wise. It was considered as such by the men who framed it. However, there are several sides to be considered. These men had become so exercised over the problem of race suicide that they considered some law must be made to prevent the deterioration of the race. They considered that in order to keep the number of the population intact it was a duty the people owed the state to have a large number of children. In the light of their distorted visions numbers were the desired goal.

In an army a general would prefer to have a handful of trained men rather than twice the number of incompetent men. In an office two trained workers can accomplish as much, or more, than half a dozen who have not been trained. It is the same in every line of business, in every walk of life. It is quality not quantity that counts. So it is with children, it is better for the state to have a few healthy, mentally strong children than to have twice the number who are weak physically or deficient mentally.

Intelligent beings have no right to permit the law of reproduction to have free play, regardless of the needs of home and society. Reason and

science should be brought to bear upon this as upon all other human functions. The consumptive, the epileptic, the man with insane parentage, the one who, through his own sensuality, has forfeited his right to parentage, these, one and all, by our present laws are permitted to bring children into the world to struggle and suffer. One wonders if we ever shall realize our duty toward the helpless unborn child. The very least a parent can do is to give the child the best possible prenatal influences, to count all temporary self-sacrifice as nothing in view of the importance of bringing a new human being into the world. By prenatal influences we mean all influences, physical, mental and moral, which affect the unborn child. These forces not only are active during pregnancy, but the condition of the fathers and forefathers must be taken into consideration.

It is doing more harm to the country and impoverishing the nation more to allow people to bring into the world idiots, insane and epileptics than it would to prevent the birth of a few wholesome children. Every day we read in the newspaper of some poverty-stricken family of six or seven. The father usually is a helpless invalid

or hopeless drunkard who begets children deficient both physically and mentally and who will become a care for the state.

There are being brought into the world every year hundreds of children who never should have been born at all because they came into life so handicapped and had to fight against such severe odds that they could not be otherwise than a burden to the community. Children of parents who are both weak mentally will be likewise. Children born of mothers or fathers who are afflicted with syphilis or tuberculosis never will be able to keep up the struggle for existence. They will only be a burden until their miserable lives are ended. Children of mothers who are below par physically, who are worn out by too frequent child-bearing always are weak and ailing, a constant care. They seldom achieve either physical or mental strength. A woman has no right to have a child every year, for she is not able to regain her strength between times and has not sufficient vitality to nourish the child. The man who insists upon his wife bearing a numerous progeny except under the best of conditions is a brute.

There are a great many women whose health is ruined or who are made invalids for life because of attempts at abortion in order to prevent a too prolific family. This desire to prevent a large family is not entirely selfish. As one woman remarked to us the other day, "I would willingly have a dozen children if I felt I would be able to support and educate them." In primitive days when every one lived on a farm, it was possible for a man to bring up a large family even though he was not endowed with wealth. But in these days of strenuous living and never ending struggle against poverty, in these days of specialization when every child must be taught to be a specialist if he would achieve any success in life, it requires a struggle to bring up a child properly. It is impossible for a man on a small wage to bring up a large family. The addition of another to the family means that some other member will have to go without the bare necessities. This condition is seen in some of the large families of the slums where children of six or seven are compelled to work in order to supply themselves with the necessities of life. These children, having no moral training, often beg or

steal because it is an easier way to obtain money and they can see no moral difference. How can we expect such children to develop into desirable citizens?

We cannot blame parents for refusing to bring children into an already poverty-stricken family. We cannot blame, although we regret, the step the panic-stricken mother takes when she visits a midwife who, contrary to the law, will produce an abortion.

In every community there are abortions performed nearly every day, sometimes by a midwife, sometimes by an unscrupulous doctor, it may be by the woman herself. Only a few days ago a young woman explained to us the method she used to produce an abortion upon herself. She told of a midwife who had taught her the method. She apparently had suffered no bad results, but she was more fortunate than many, for deaths from this cause are common. It is impossible by law to prevent women refusing to bear numerous children. Would it not be better to teach them simple and sanitary methods of prevention than to have them ruin their health and perhaps lose their lives by abortions or attempts at abortions?

Considering the old saying the "lesser of two evils" are we not taking the greater?

There is a tendency in this age to defer marriage until later in life than formerly. The reason for this usually is given as the inability of the man to support a family. A great many young men would like to be married but they cannot see how they are going to support a family for several years. They, perhaps, could maintain a little home for two but they have to consider the danger of an ever-increasing family and the thought frightens them. As a result they postpone marriage and as a further result they visit houses of prostitution or carry on a clandestine alliance and as a still further result, contract one of the venereal diseases. Then, as a final result, when one of these men does marry some innocent girl, she is infected with the disease and perhaps rendered sterile, or the man himself is incapable of procreation.[1] Therefore the deduction is that lack of the knowledge of prevention of pregnancy *increases* rather than *decreases* race suicide.

This knowledge would not prevent people having children as the prudish predict. Every

[1] *See "Herself," by E. B. Lowry, M.D., p. 58.*

true man and every true woman desires children. It is the *greatest honor that they can achieve.* In numerous instances among the better educated class of people we have known women who had a knowledge of these methods of prevention who deliberately had, not one, but several children. That certainly is the ideal condition. An undesired child never should be brought into the world, but we cannot have too many of the right sort.

Dr. T. N. Carver, professor of political economy at Harvard, in an address recently said: "Foxes think large families highly commendable. Employers who want large quantities of cheap labor, priests who want large numbers of parishioners, military leaders who want plenty of cheap food for gunpowder, and politicians who want plenty of voters, all agree in commending large families among the poorer classes." The destitute poor seem always to have large families. They are incompetent in every way. The shiftless take no thought for the morrow. If they earn any money they spend it upon temporary pleasures. We have seen ragged and dirty children attending "nickel shows" and buying quan-

tities of cheap candy while at the same time they had not decent clothing in which to attend school. The majority of poverty-stricken people are in that state because of shiftlessness, incompetence, lack of forethought. Yet, these are the people who always have large families! Some of the money spent by the various organizations to feed and clothe this class of people, might be better spent in a philanthropic enterprise to teach the women how to care for themselves, their families and their homes. A nurse might be allowed to teach them how to prevent the birth of more burdens for the state. If such instruction were allowed the slums would be metamorphosed in ten years.

Every girl, no matter what her station in life, should have a course of instruction which includes the care of her own body with special reference to the generative organs. She should have a clear understanding of the sex relations and the privileges and responsibilities of marriage. She should understand the necessity of moderation and of obeying the laws of hygiene. She should be taught the care of the expectant mother and the care of the woman after the birth

of her child. She should have a thorough course in the care and training of children. Then, when she is fully prepared, she should be given the privilege of deciding when and how many children she should have. Every boy should be taught the science of fatherhood. He should be taught the anatomy and physiology of his generative system. He should understand the dangers of self-abuse and excesses. He should be warned of the venereal diseases and understand their far-reaching results. Besides these, he should have some knowledge of the meaning of the word "cherish" as it is used in the marriage contract, so that he will not bring misery upon his bride because of his thoughtless desires. When these conditions are fulfilled, and not until then, the problem of race suicide will be solved.

CHAPTER XIX

STERILIZATION OF THE UNFIT

EVERY year the percentage of dependents in relation to the entire population increases! At first glance this might look as if the world were growing worse. Careful investigation has proven otherwise, but the great number of dependents who are of no use to either themselves or mankind, makes them an important problem to be considered by every thinking citizen and taxpayer. During the past decade the attention of educators has been concentrated upon plans and methods to improve the condition of these unfortunates. By the newer methods of teaching much has been accomplished and the latent minds of many have been awakened. Many who have been a burden to humanity have been taught so that now they are self-supporting.

But an improvement in methods and a better understanding of the necessity of obeying the

laws of Nature (the laws of hygiene and sanitation), by prolonging the lives of degenerates and making them self-supporting, has added another problem to be solved. In earlier primitive days, the law of the survival of the fittest was paramount. The weak, the sickly, the diseased, the unfit died in their youth. Their struggle was severe but as it was considered hopeless, others did not assume any responsibility. By our modern methods these unfit are kept alive until they have reached manhood and womanhood. Unthinkingly, they have been allowed to marry and beget their kind. As a result, we now are confronted with a problem, not how to improve those already here, but how to prevent any more of their kind.

Whatever may be said about heredity, it is a proven fact that the offspring inherit certain tendencies and characteristics. This is essentially true in regard to their moral and intellectual qualities. The offspring of the weak-minded and the immoral tend to be likewise, while the offspring of those who have developed their talents tend to be similar. Like father, like son!

No more striking, as well as interesting, ex-

ample of this is round than in that of the two historical families of the Jukes and the Edwards. The "Jukes" is the name given to a large family of degenerates. The derivation of the word Juke is from a word meaning to roost. The Jukes were the descendants of one man, none of whom were home-builders, as they were lazy and indolent. They did not provide themselves with homes but, like the fowls, roosted where they could. The father of this family was a fat, jovial, shiftless, drinking fellow who followed his whims. He did not like to work, so did not. He did not care to stay at home, so roamed the woods, fishing and hunting as fancy led him. He was essentially vulgar and enjoyed the companionship of those who would listen to his vulgar stories. He finally married a woman of his own sort and their children and children's children were of the same type. An investigation made by the New York Prison Commission revealed the fact that the immediate descendants of this man with their married partners counted up to one thousand two hundred persons, none of whom ever had been of any service to the State,—none of whom ever held any public office, nor

served the country in the army, as they had not the courage to enlist. They essentially were paupers, and even among the paupers they were weaklings. Those who worked did only the lowest of service. Only twenty ever learned a trade and they were not employed regularly. Three hundred and ten were professional paupers. None had the equivalent of a common school education.

In striking dissimilarity to this is the family of Jonathan Edwards, a minister of refined tastes and liberal education, who married a girl who was his equal in every respect. Among their descendants are thirteen college presidents, over forty college professors, one hundred clergymen, sixty physicians, seventy-five officers of the army and navy, besides numerous superintendents of asylums and other public institutions. And yet some claim that heredity does not count! The blue blood of our ancestors perhaps was not entirely a myth.

By selection, Luther Burbank has evolved plants that have proven of great benefit to humanity. The United States Government, through the Department of Agriculture, has

helped the farmers to raise the standard of their crops, while at the same time they have increased the amount of the output. Here it has been found that careful selection, with elimination of the useless, has been the rule that it has been necessary to follow.

By careful breeding, stock raisers have produced a high standard of animals, the wild animals have been improved and trained for domestic use. The unfit have been eliminated, not allowed to breed their kind, the fit have been encouraged in their improvement.

In human beings, these methods have not been considered necessary. We have used science in the breeding of everything but children. They have been allowed to come anywhere and under the worst possible conditions. Not long ago the United States Government appropriated five hundred thousand dollars for the breeding of an improved race of mules for the use of the army. The same government maintains a leper colony in Molaki where the lepers are allowed to marry and produce their kind.

The degenerates are especially prolific, for they use no restraint and have no sense of responsi-

bility. The hopelessly insane, the idiots and the degenerates have no thought for the future welfare of humanity. They are swayed by their desires, their passions. As a result, for a momentary gratification, there is added another burden upon society, for it is a fact that the birth of every degenerate means an added burden and expense to the country in general. These unfortunates cannot care for themselves and must be taken care of by the state. It is estimated that the criminals of the United States cost *three million, five hundred thousand dollars a day* to support.

Some of the most progressive thinking men of the country recently have been investigating these important facts and conditions. They have realized that care in breeding is as necessary in humans as in animals. At last, we have awakened to the fact that the progress of the human race is of more importance than the improvement of the plant or brute families. As a result, experiments have been carried on in the various asylums for the insane and hopelessly degenerate or criminal with very encouraging results.

There is, in the male anatomy, a little tube

called the vas deferens which conveys the spermatozoa from the testicles to the seminal vesicles. It is possible by a very simple operation to sever this tube and thus render the man sterile or incapable of producing his kind. The testicles remain intact, the sexual instinct and power of gratification are not lost. The man himself notices no change, for the organs appear to functionate as before, only the secretions do not contain any spermatozoön, or life-giving germ. The orchitic fluid and spermatozoa are secreted as before but instead of being discharged from the body, they are absorbed by the lymphatics and seem to give an immediate tone and sense of well-being to the man. Boys who dissipate this fluid in excesses in early life become weaklings. It is not unreasonable to consider that if this fluid could be retained in the body of an undeveloped man, his body would respond to this elixir of life and show a steady improvement.

Many of the degenerates are confirmed masturbators. Many have become insane through unlimited abuse. In the treatment of this class of degenerates, sterilization has proven effective and those who have been a burden upon the state have

been able to become self-supporting. At first, this operation was performed only with the consent of the criminals, but recently several states have adopted laws making it legal to perform this operation, which is called vasectomy, on the hopelessly insane or degenerate. Indiana was the pioneer state in this movement of preventing the breeding of the unfit. Its law is as follows:—

"Whereas, heredity plays a most important part in the transmission of crime, idiocy and imbecility; therefore,

"Be it enacted by the general assembly of the State of Indiana, that, on and after the passage of this act, it shall be compulsory for each and every institution in the State entrusted with the care of confirmed criminals, idiots, imbeciles and rapists to appoint upon its staff two skilled physicians and surgeons of recognized ability, whose duty it shall be in conjunction with the chief physician of the institution to examine the mental and physical condition of such inmates as may be recommended by the institutional physicians — and board of managers. If in the judgment of this committee of experts and the board of managers procreation be inadvisable, and there is no pos-

sibility of improvement of the mental condition of said inmate, it shall be lawful for the surgeons to perform such operations for the prevention of procreation as shall be decided as safest and most effective.

"But this operation shall not be performed save in such cases as have been pronounced unimprovable. Provided, that in no case shall the consultation fee be made more than three dollars ($3) to each surgeon, to be paid out of the funds appropriated for the maintenance of such institutions."

One objection that has been advanced to the dissemination of knowledge of the simplicity of the operation required is that many able-bodied men will desire to have the operation in order that they may lust without reaping any of the responsibilities and that unscrupulous physicians will perform this operation upon the request of any man. The Connecticut bill has provided against this by an additional paragraph which says:

"Except as authorized by this act, every person who shall perform, encourage, assist in, or otherwise promote the performance of either of

the operations described in section 1 of this act, for the purpose of destroying the power to procreate the human species, or any person who shall knowingly permit either of such operations to be performed upon such a person, unless the same shall be a medical necessity, shall be fined not more than one thousand dollars, or imprisoned in the State prison not more than five years, or both."

Several other states recently have passed similar laws and it is to be hoped that the remainder will not be far behind. The results of the passage of such a measure can be estimated only, but it is certain that the coming generation will have fewer burdens on their hands. If the father of the Jukes had been sterilized, the State of New York would have been saved thousands of dollars and hundreds of crimes would not have been committed. This is one instance where prevention is much to be preferred to later punishment.

CHAPTER XX

MEDICAL FAKES

It has been said that we are a nation of dupes, that some of the people like to be swindled all the time and all the people some of the time. Before the days of mail-order concerns, the dupes were confined chiefly to the locality in which the perpetrators of the frauds had their place of business. Now, although the mail-order business has brought many advantages to the people living at a distance from the large cities, it also has brought its disadvantages. The constant struggle of mankind to get something for nothing, to obtain things that will make them strong and well, without going through the regular course prescribed by Nature, has made many ready victims to the unscrupulous advertisers. Until recently there has not been much censorship of the advertisements carried in the newspapers. Any one who could pay his bill could insert an advertisement, no

matter how blatantly untrue it was. Many of the so-called good newspapers still continue to carry advertisements that are absolutely untrue. The numerous "cures for consumption" are among the most notorious, for they have led many poor people to spend their last dollar for a bottle of medicine which is worse than useless.

Until recently there have been many "Positive Cures for Catarrh" on the market which instead of curing masked the symptoms by deadening the nerves. The majority of these cures contained cocaine and their use soon established the cocaine habit with its disastrous results. A few years ago "coke" fiends in a certain locality in Chicago made a regular practice of buying "——'s Catarrh Cure."

Many of the cures for constipation are only laxatives in a different form. The much advertised "pure herb extracts" are the same in composition as the pills against which the public is warned in the advertisement.

The various tonics offered especially to women owe their chief virtues to the stimulation of the alcohol they contain.

Cancer pastes advertised to the sufferers are

a delusion and a snare for the innocent. They usually do more harm than good.

But among the worst of the advertisements are those relating especially to diseases of men. They should be driven from every community, as they are a menace to the youth. To quote from the report of the Chicago Vice Commission:

"In spite of the penalties attached, the practice of advertising cures and treatments of venereal diseases, both in newspapers and in toilets of certain saloons is open and flagrant.

"It is high time that determined efforts were made to eliminate from the daily press these obnoxious and misleading advertisements. As an eminent authority says in a recent article: 'The statements of quacks you read in the papers are all lies.' In the footnote the writer refers to a young man who has been arrested for stealing money. His excuse was that he had been told that he was 'losing his manhood'; that the 'Doctor' wanted twenty-five dollars to cure him.

"Sometimes these quacks offer to return the patient's money if he is not cured. The guarantee they give is legal and binding, but it is a trap for the ignorant and helpless. The patient

must give reasonable proof that he was a victim of injurious habits before the treatment, and that the treatment has not effected a cure.

"When the money is demanded back, a blank is sent to be filled out and returned. When this is done the money is to be refunded.

"The blank the patient is asked to fill out is such that he will not return it. It requires him to get the signatures of his minister, one of the principal business men of the community, his father or next of kin, certifying that he had the habit before taking treatment and that he still has it. All of this must be sworn before a notary and witnesses.

"Many young girls working in factories and stores have contracted venereal diseases through clandestine prostitution. They see the advertisements of these quacks in the newspapers. The girl calls upon the 'Doctor,' who offers to cure her secretly for fifty to seventy-five dollars. She is in despair, for these sums are far beyond her means. Cases have actually come to light where such victims have deliberately entered upon a life of professional prostitution to earn the money, and the doctors knew it.

"Many young men, ignorant and afraid, have awakened to the horrible reality that they have contracted a disease. They eagerly scan the pages of the papers for advertisements and read of their symptoms and the awful consequences. They hurry to the 'quack doctor' and a large sum is demanded at once with a specific sum of one dollar or two for daily treatments and additional sums for drugs to be purchased from friendly druggists. So for months they go day after day and the bills grow larger and larger. They are now in the power of these exploiters, and so the days are spent in worry and scheming to raise the money and escape detection. Sometimes these 'quacks' use certain medicines which force a temporary relief, and the patient feels that he is really cured. A few months later after some unusual excitement caused by drink or sexual intercourse his trouble returns and again he takes up the treatment from the same or a different advertiser.

"The methods of these 'quacks,' therefore, ought to be exposed, and papers which print these advertisements ought to be prosecuted along with the advertisers."

CHAPTER XXI

HOW TO DEFER OLD AGE

UNTIL a man has passed the age of fifty-five he seldom gives a thought to the fact that the years are passing. He works and plans as though he had his entire life before him and could live double the allotted time. However, after he has passed the turning point in his life, there usually comes a time when he realizes that he is not as young as he used to be. He begins to notice that he is not able to keep up with his companions in all their strenuous exercises. Then, taking alarm at the advance of years, he begins to question how to defer old age. Like Ponce de Leon he begins his search for the fountain of perpetual youth. At this age he usually becomes a devotee of one of the many health cults or fad cures. He suddenly develops an interest in golf and other out-of-door sports. He even may procure a residence in the country.

Nature intended man to retain his powers until old age, but, with the hurried life many men lead, the spectacle of men prematurely old is a common occurrence. Lack of power of the reproductive system is one of the signals of advancing age. For some unknown reason men seem to think that their reproductive system should be as strong at seventy as it was at twenty-seven. They seem to think that while all the other organs of the body are having a gradual decline this system should retain its original vigor even though it may have been overtaxed for many years. It has been said, "To the average male adult nothing perhaps short of death itself is more generally dreaded than the loss of virility, and, indeed, instances are common where men have laid down their lives rather than submit to operations which would annul their power of procreation. Most surgeons can recall cases where men have absolutely refused to part with useless carcinomatous organs, although fully cognizant that such refusal meant death, simply reiterating in answer to every argument that they 'preferred to die like men' rather than submit to emasculation." In several instances where the testicles

have been severed by accident, the fact so preyed on the mind of the victim that he was utterly incapacitated for work and gradually sank lower and lower.

Women have been accustomed to expect the menopause, or change of life, after which they do not expect to bear children, and after which period they are willing to live a more moderate life in every way. Indeed, many women find their fullest enjoyment of life after this age and frequently have more robust health than they had during earlier life when the drain of menstruation and childbearing seemed to keep them in a weakened condition. Men are not willing to admit that there is a similar period in their lives and that they should expect to be more moderate after this period, yet such is the case.

Premature old age may be avoided by attention to the ways of living. Those who have for their watchword " temperance " or moderation in all things during their entire lives will enjoy a much riper old age than will those who dissipate their energies by excesses of any form. A youth cannot squander his fortune and reserve it for his later years, neither can he squander his vitality

and have any left for an enjoyable old age. In this age, men are inclined to overexert themselves all their lives, they work too hard and they play too hard. They go through life keyed up to the highest pitch. No wonder they break early!

It is useless to tell a young man that he must be moderate in order to preserve his strength. He will say, "Oh, well, it never hurt me yet, so I think I shall keep on." It is not until he finds his powers waning that he even considers his strength. Then he is inclined to rush to one of the health fads. He goes to extremes in his search for a cure the same as he always has gone to extremes in his living. Such should not be the case. When a man finds his powers waning, he should take the words regularity and moderation for his guides. He should have regular hours of work, rest, play and sleep. He should plan to spend some time every day in the open air. The "back to Nature" devotees have achieved results, but the chief benefit to be derived from their advocated way of living is that everything is done in moderation, with regularity and in the open air. Sleeping in the open air is one of the best aids to rejuvenation. This point

cannot be emphasized too strongly. It is one of the needed reforms of the present day.

We do not believe a man should give up his work entirely until relieved by death. It has been a matter of observation that when farmers who have worked hard all their lives reach an age where they feel they can retire and live on the products of their labors, they do not enjoy this rest long. These farmers usually move to a neighboring town, build or buy a nice house and prepare to spend an enjoyable old age free from work. But they are not contented. Many of them enter some business in the city where they will be occupied part of the day. They are not happy idle. Those who try to remain idle succumb to disease. It is a noticeable fact in every farming community that there are a large number of widows of farmers. When the man and his wife moved to town, he made a complete change in his life, gave up his work and because of lack of resistance readily became a prey to disease. His wife continued her usual round of housework although in a different place. The change in her life was not great enough to affect her health. She did not give up her work and, as a result, re-

tained her health. A man who has been accustomed to work the greater part of his life will decay if he gives up that work entirely.

CHAPTER XXII

THE SECRET OF SUCCESS

THE great secret of success is concentration. What that word implies should be studied by every one who would succeed in business. It means that the one aim of the man's life should have preference over everything else. It means that he must forego those pleasures and dissipations that interfere with the carrying on of his work. It means the conservation of all the man's energies on the one object in life.

No person can expect to squander half his energies in reckless amusements or dissipations and succeed in business. Many a young man has lost his position or foregone all possibilities of advancement because he would not give up the evening dissipations. As a result, perhaps, he went to his work the next morning only half alert to the things of the moment, and let opportunities pass unnoticed. A good restful sleep is

necessary for one who would succeed in business. Not only must the evening not be spent in worthless amusement but the man must be able to forget his business long enough to take the necessary rest and recreation. The man who works until one o'clock at night cannot arise in the morning in a fit condition to take up his day's work. As a result the work drags. He spends hours over work that should have been accomplished in as many minutes. A man who is rested can accomplish as much in two hours as a tired man can in four.

To be successful in any business a man must be prepared to undertake it. He must investigate the minute particulars of the work and understand every detail. He must study to become familiar with any new inventions in his line, or any new ideas that could be applied to his work. After he has convinced himself of the value of these new ideas he must not hesitate to put them to use. To be a "back number" is to be a failure.

The man who would succeed in his business must bring to his work interest and enthusiasm. The man who is ashamed of his job, who feels

that his work is beneath him, will be a failure, for unless a man loves his work and idealizes it, he cannot enter into the proper spirit of the undertaking and will do only mediocre work.

To succeed in business a man must choose that work for which he is best fitted by Nature. There are too many human misfits, square pegs in round holes. If a man does not feel in his own mind that he is in his right place, if he feels he could do better in some other line of work, then it is time to make a change. No man is in his right place unless in his every thought all other problems are subordinate to those to be solved by his work.

The man who would succeed in his work must not work spasmodically, when the mood takes him. He must keep eternally at it, must have regular hours of work and keep those hours.

Also he must have regular hours of play, of recreation. Regularity and temperance should be his watchwords. He must be regular and temperate in his diet, in his hours of work and his hours of play. Play is necessary for one who would succeed in business and who would not fall in a rut. Frequently a man harassed by business

cares finds they " fold their tents like the Arabs and as silently steal away " after an evening spent at a light opera, where he has been able to relax and forget himself and his burdens.

The man who would succeed must have good health. His sexual habits must be regular and under control. If there is some constant irritation, as from a rectal fissure or hemorrhoids, these must be attended to, for the constant irritation will ruin his health and may result in a business failure.

The man who would succeed in business must have congenial home surroundings, where, after the work of the day, he can relax and feel at ease. He must not be so situated at home that he meets dissensions, storms and tears every evening on his return from work, for such a condition does not permit his mind to rest so as to take up the cares of the coming day. A jealous and fault-finding wife frequently is the real cause of a man's business failure. If a wife cannot trust her husband she had better not live with him, for no amount of scoldings and tears will change him one iota.

Then last, but not least, the man who would

succeed in business must learn to use the cyclopedia of his own mind. Our minds are divided into the conscious and the subconscious parts. The conscious mind is controlled by the will. The subconscious mind retains a record of every act, every impression during the entire life. If one only learns so that he can call forth from this store of knowledge whatever he requires, he will be able to accomplish much more in his work.

Many men fail in business because of this lack of concentration due to wrong early training, or to habits established in their youth. Many a man fails in business because of the effect of thoughtless dissipations which would have been foregone if he had had any idea of the possible consequences.

Many boys, to-day, are growing up without the instruction necessary to make them succeed in business. As a consequence, they sow their wild oats and reap tares in later life. Whatever a man sows in his garden of life will bear fruit unless, by strong determination, the seeds are uprooted. Even with strong determination it frequently is impossible to kill the roots of this early thoughtless sowing, just as it is impossible, at the present time, to kill the roots of quack grass when once it has be-

come established in a farm. Just as a man who values his farm will be careful that worthless and harmless seeds are not sowed on his farm, so the man who values the future welfare of his son will see that the boy is so instructed in early years that he will not sow the seeds that will spoil his life in later years.

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